Chichester Herald

Friday 14th June 2013
YOUR FREE WEEKLY NEWSPAPER

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Top marks for College

›› *Chichester College is No 1 in Sussex... again!*

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER'S local college is yet again celebrating after further success

The further education national league tables have recently been published and, for the second year in a row, Chichester College is the highest performing college in Sussex for overall student success

As well as being number 1 in Sussex, Chichester College has moved up the national rankings, and is now 20th in the country (out of 320 Further Education Colleges) which keeps it securely in the top 10% nationally The College is one of the largest colleges in the country, with approximately 15,000 people studying with us in any one year

The success rates table includes the results of every government supported qualification such as A Levels and BTECs and covers every type of study such as engineering, accountancy, horticulture, care and IT, so this is a result shows how well the College is performing in enabling a huge range of students to be successful and have the qualifications they need for a bright future at work One particularly noteworthy success is in construction where Chichester College was the highest placed large Construction department in the country

The College's results reflect the excellent teaching and learning that goes on at its campuses in Chichester and Brinsbury and its outreach centres in Bognor Regis, Littlehampton, Worthing and Portsmouth. Despite its many locations the College prides itself on giving a high quality learning experience to every one of its many students

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Studen

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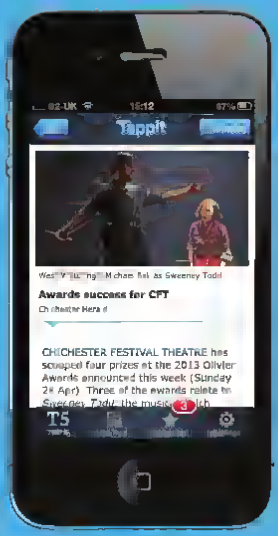
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Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to
T5

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Local News

570 hours of early education available

DO YOU have a child who is two years old, or is just about to celebrate their second birthday?

If so, your child may be eligible for up to 570 hours per year of free early education and care with a registered nursery, pre-school or childminder.

West Sussex County Council's Family Information Service is urging people to check if they qualify for the free childcare from this September. Families that receive free school meals will be eligible, as will many other children.

Some two-year-olds have already been able to take up the 'Free Entitlement' funding. The offer is now being extended and families can apply for autumn term places from the end of June.

There are many different ways this childcare can help a family. One parent who has felt the benefit is 43-year-old mum of five Paula Johnson. Paula's son Evan, who is now three, has been attending Stepping Stones Nursery in Bognor Regis since he was two.

Paula said: "I originally paid for him to do two mornings a week as I wanted him to socialise and mix with other children. His brother and sisters were all going out to school and Evan wanted to do something too. He is a lovely, happy child but his speech is behind for his age. I have two children with special needs and we're on a low income so the nursery suggested that we might be able to get some funding for Evan's place. Financially it has helped us a huge deal."

Evan now attends the nursery four mornings a week. Paula added: "Evan's understanding and confidence have really improved since I've increased his hours at nursery. He's become more confident and his speech is improving all the time. He loves it here. When he first came to the nursery he would cry and be very clingy. Now he has his coat on at 7.30am and can't wait to get here!"

Paula says she's really noticed a difference at home too: "Family life has improved. It's not so stressful now. It's nice to have some 'me time' to get on with the housework, do the food shopping or just catch up with things. I would recommend other parents to look into this, especially with today's financial situation."

Another mum who has taken up the funding is 26-year old local Donna Higgins. She had to give up work when she was diagnosed with Fibromyalgia, a condition which causes her widespread pain, extreme tiredness and anxiety attacks.

Donna's two-year-old daughter, Lily, had been attending a nursery while Donna worked part time. However when Donna's condition became too much to manage she had to give up her job, which meant she could no longer afford Lily's nursery place.

Donna said: "I could see with her being at home every day that she needed to be doing something. The nursery told me about the funding available for two-year-olds and I was able to increase Lily's sessions. I would never have been able to afford this care otherwise."

Currently all three and four-year-old children can already access the funding. It's estimated this expansion for younger children will enable around 20 per cent of two-year-olds in the county to also take up the offer.

West Sussex County Council Cabinet Member for Children – Start of Life, Peter Evans, said: "Attending a good quality nursery or pre-school can really boost a child's learning and development. It's not only a great way for them to make new friends and build their confidence, it also helps to ensure they are equipped with the skills and abilities they need when they start school."

To find out if you're eligible for the two-year-old funding, or to find out about nurseries, pre-schools or childminders in your area, contact the Family Information Service on 01243 777807 or email familyinfoservice@westsussex.gov.uk.

The service can also advise on funding and places for three and four year-olds.

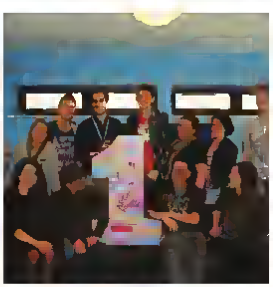
Paula and Evan Johnson have benefited from early education

Further information can also be found on the County Council website at www.westsussex.gov.uk or by asking at your local Children and Family Centre.

Continued from page 1

Shelagh Legrave, Principal, is delighted with the results, but she is far from complacent: "We are extremely happy about achieving the highest success rates in Sussex for the second year in a row, but we will continue to work on achieving even better results for all our students next year, because we are dedicated to supporting our students to achieving the very best that they can," she says. "The great results this year are testament to the enormous amount of dedication, hard work and support staff have put in to support our students.

"At Chichester College we are proud of the inclusive nature of the College, so that we have something to offer anyone in our communities who wants to develop themselves. Our aim is to do the best for all of our students and to nurture and encourage them to achieve the best they can, whilst developing into well qualified, well-grounded members of the workforce and the local community. This means we focus on developing more than just getting a qualification, we also focus on developing personal and employability skills, on giving students the opportunities to develop enterprise skills and to helping them get into their chosen university or job. Chichester College is providing excellent education for its communities and we are proud that the success results show that we are achieving this and helping all members of our community achieve their full potential."

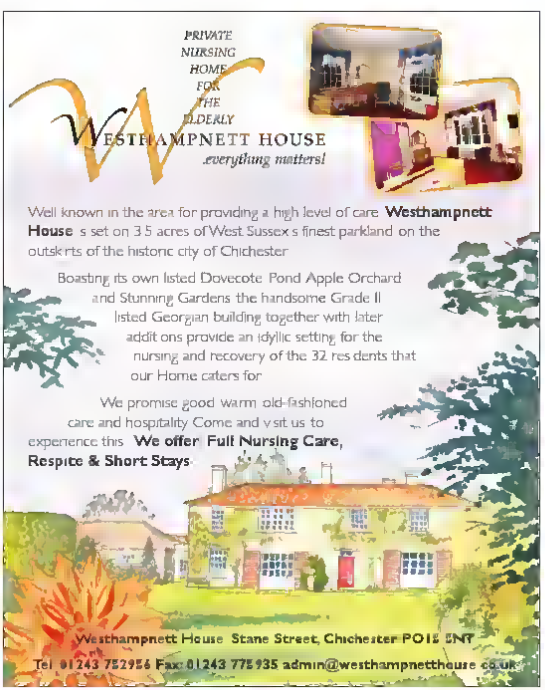


Let us know what you think @chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

In the Middle Ages Chichester was one of England's most important ports. Chichester Harbour was deeper than it is today. It is since silted up. Until 1800 ocean-going ships could sail up to Dell Quay.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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@AndrewHayward_
"Cracking little trip up to #Chichester canal in the #Kayaks with @DirtySkyJones this afternoon in spite of rain!"

@pilatesjojo
"@thecsp physios and OTs at St Richards Chichester had their core challenged at a Pilates session (and flexibility!) for #WorkoutAtWorkDay"

@PaulRedhead
"No talent at kingston uni I I knew Chichester was decent !!! #missuni"

@lacatchat
"@WH1SKS my mum fell over in Chichester today and hurt her ankle I thought you should know #Chichesternews"

@Rumith_
"Finished work now off to chichester to pick up my dumb mate who got on a train thinking its coming to portsmouth but chichester is last stop"

Follow us: @chiherald

Is this coffee epidemic going to end?

Tommy Boyd

AMERICANS

An American once told me "You can tell when it's summer in England, the rain is warmer". Not this year it ain't.

WINNEBAGO LONGINGS

Where would you live if you were forced by law to go and live somewhere else? America has a lot going for it. Spain has good weather. France has that je ne sais quoi. Perhaps a motorhome is the answer. One that used to belong to a band such as Aerosmith would do. It's the sort of thinking you get up to when it turns out to be another grot summer.

FARMERS MARKET

The fortnightly Farmers Market brightens up North St and East St though. The veg looks like it was just picked, the meat was probably very happy and the cheese brings out the gourmet in you. But it's the fish stall that says it all. Those two fellas look like they were up at dawn pulling up crab pots and hauling in bass. They'll shell you your crab in 30 seconds and - which is more much more - my son they have whelks in their shells.

COFFEE?

I had coffee with a friend in Chichester and we began by choosing somewhere. This took several minutes as you appreciate. We settled for the coffee shop in Waterstone's as my friend had to buy a book anyway. But we got there at 9.15am and Waterstone's doesn't open until 9.30 on a Tuesday. But it didn't matter as there is a Costa right next door. Where is this coffee epidemic going to end?

PERFECT INVENTIONS

Umbrellas are fantastic when you think about it. They've remained basically unchanged since the day they were invented, like other design triumphs such as the bicycle and the cigarette lighter.

TV CHEFS

They annoy me, the Nigella Lawsons of this world. Things like "If you have a spare vanilla pod left over just pop it into a jar of sugar and in a few weeks you'll have lovely vanilla sugar".

SLOE GIN

Same thing goes on up my dog-walking meadow. Every year you get a glut of inedible purple sloe berries, and people say to you "Oooh just pop some in a bottle of gin and you've got sloe gin". But they never do it.

THEATRE IN THE PARK

Blimey. Looks like they're building a Wembley Stadium up there.

EDUCATION REFORMS

It's time to get the Department of Education away from politics and let it breathe. All party status perhaps? My education went pear-shaped with Shirley Williams' dogmatic scrapping of grammar schools. Education's been a political football since 1943, and Michael Gove is keeping the game of two halves alive with his flip flops of reforms. More exams. Less exams. Wider curriculum. Narrower curriculum. Cue a collar and tie TV spokes boze pontificating that business needs are not being met by education. Like we brought our children into the world to be anonymous cogs slaving away for those offshore tax-dodging multi-nationals.

JOKE

Parent to child after first day at school: "Did you learn anything today?"
Child: "Yes, but not enough apparently so I have to go back tomorrow."

Let us know what you think @chiherald

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Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Graneworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

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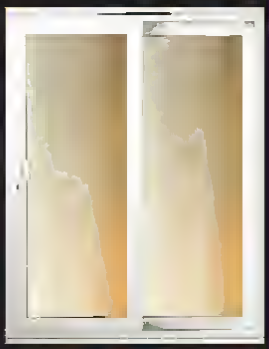

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Six people are arrested in relation to Michael Griffith's murder

DETECTIVES have arrested six people in relation to the murder of Michael Griffiths in Fernhurst.

Michael Griffiths, 59, was found dead following a fire at his home on 24 January. The jewellery designer and antique buyer had been seriously assaulted before his death.

Five men and a woman were arrested by the Surrey & Sussex Major Crime Team on 11 June in relation to this investigation.

Three men from Sunbury, aged 53 and two aged 43, a 23-year-old from Staines and a man, aged 27, from Shepperton have been arrested for murder, conspiracy to commit burglary and conspiracy to prevent the course of justice.

A woman, aged 39, from Shepperton, has been arrested for conspiracy to pervert the course of justice.

They are currently in custody and helping police with their inquiries.

Burglary in Old Broyle Road, Chichester -valuable clock taken

A VALUABLE clock has been stolen from a house on a busy road in Chichester.

Police are appealing for witnesses to a burglary to the property in Old Broyle Road, Chichester, between 9.00am and 7.30pm on Tuesday, 4 June.

Taken during the burglary was a distinctive Seven Oaks antique clock, dated about 1770. It is in a black wooden case with glass panels and a handle at the top. The clock itself is gold coloured with the face of the clock being silver with Roman numerals in black.

Detective Constable Della Squires said "Old Broyle Road is an extremely busy road. If you drive that route regularly, have you seen anything unusual or have seen anything suspicious? Alternatively the item taken is very distinctive piece. Have you have been offered such an item or seen one for sale. If you believe you have any information about this investigation. Please call us on 101 quoting serial 1525 of 4/6/ You can also call independent charity Crimestoppers anonymously on 0800 555 111."

Any witnesses or anyone with information is asked to call 101 quoting serial 1525 of 4/6. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Woman attacked by man in Chichester underpass

POLICE are appealing for witnesses after a young woman was attacked by a man in Chichester.

At about 4am on Sunday 9 June the 19-year-old woman was walking home along the underpass beneath Via Ravenna when the man, described as white with dark hair, who grabbed at her. She shook free and ran off, and man disappeared in the direction of Chichester College. The woman was badly shaken but unhurt.

Detective Constable Jon Bensford said. "This was a distressing but isolated event, and is not part of any pattern of such offences in the city.

"We are keen to hear from anyone who was in the area overnight on Saturday and into the early hours of Sunday, and who saw anything suspicious. In particular we also would like to speak to any other women who may have been approached by this man on that night.

"Please call us in confidence on 101 quoting serial 0200 of 9/9. You can also call the independent charity Crimestoppers anonymously on 0800 555 111."

Spate of vehicles damaged in Bognor

POLICE are appealing for witnesses after about 14 vehicles were damaged in various roads in Bognor at the weekend.

Members of the public reported that their parked vehicles had been moved overnight on Saturday 8 June into the early hours of Sunday 9 June.

Police believe the vehicles have been forcably moved by another vehicle which has caused significant damage to them running into thousands of pounds. This happened to cars parked in Firs Avenue, Whitelands, New Barn Lane, Caledon Avenue, Leverton Avenue, Wroxham Way, Flansham Park, Outerwyke Road, Ancton Lane, Mornington Crescent, Outerwyke Avenue and Silverbirch Drive.

PC Alan Russell said "Anyone with information should contact Sussex Police quoting serial 0334 of 9/6."

• POLICE are appealing for witnesses to an assault on a man which happened at an event at Goodwood race course on Friday 31 May.

The victim aged 40 from Petersfield, Hampshire, was assaulted by a man in the Richmond bar area at the course between 10.10pm and 10.30pm.

He received facial and leg injuries requiring hospital treatment.

Detective Constable Kathy Longland said "The victim was out at an event enjoying the evening when he was assaulted and knocked unconscious. Anyone who witnessed the incident is asked to call 101 quoting serial 0510 of 1/6."

Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

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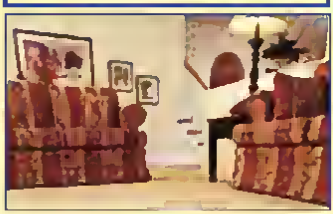

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Teens with learning disabilities challenged on their rights

A NUMBER of West Sussex children with severe learning disabilities have reached the finals of a national quiz on shoppers' rights.

Youngsters from St Anthony's in Chichester are going head-to-head with hundreds of other teens in the Consumer Challenge next week.

The quiz, being held in Brighton on Tuesday June 18, is run by the Trading Standards Institute to help children from Special Educational Needs Schools understand their legal rights.

It tests competitors on their knowledge of consumer law, different safety signs, and how they manage their money.

A team of four from St Anthony's, aged 14 and 15, will be taking part in challenge at the Brighton Centre, as part of the Trading Standards Institute's national conference.

Teacher Sam Mannering said: "This is the second year running we have entered the competition.

"The pupils have a number of complex needs and learning disabilities ranging from autism to ADHD.

"They are looking forward to the quiz and it promises to be a really fun and enjoyable day out!"

The conference, which first started in 1881, is held every year at different venues across the UK to promote fair trading.

Lionel Barnard, County Council Cabinet Member for Residents Services, said: "The Consumer Challenge is an innovative way to help vulnerable young people understand their rights in a fun and educational manner.

"It will also help the children from St Anthony's to become confident and knowledgeable shoppers – a vital part of everyday life.

"Experts from the West Sussex Trading Standards will also be on hand at the conference to advise businesses and consumers."

Find out more about the Trading Standards Consumer Challenge at www.tradingstandards.gov.uk.

Alternatively visit www.westsussex.gov.uk/tradingstandards

• NEXT WEEK (17 June) sees the launch of the Summer of Giving campaign, aimed at making supporting local charities and community groups in Chichester District easier and more sustainable. Summer of Giving enables smaller charities to have a presence online and encourages people to commit to regular donations, helping the groups and charities improve their cash flow.

The campaign is being run by Voluntary Action Arun and Chichester (VAAC) working in partnership with Sussex Community Foundation, Chichester District Council and Chichester in Partnership, with £10,000 of funding being provided by Chichester in Partnership which will be used to match fund donations made during the campaign.

Two day closure for resurfacing planned next week for five roads in Midhurst

ROADS through Midhurst town centre will be closed for two days next week for carriageway resurfacing.

West Sussex County Council is working on a £370,000 scheme to rejuvenate Market Square and Church Hill.

Church Hill, West Street, Red Lion Street and Church Hill and South Street will be shut to traffic on Monday, June 17 and Tuesday, June 18.

Motorists are advised to find alternative routes.

All five roads will have to be closed again for two days in July to apply a final coat to them.

An announcement will be made for the second closure once the dates have been finalised.

West Sussex County Council apologises for any inconvenience caused.

Making the right decisions with the West Sussex Care Guide

MAKING the right decision when the time comes to consider care is important both for older people and their relatives.

These decisions can be very difficult to take and get right.

This is where the latest version of the West Sussex Care Guide can help people make vitally important decisions about their lives.

The Care Guide 2013 is jointly produced by West Sussex County Council and the West Sussex Forum, which represents the county's independent care providers.

It's available on the County Council website at www.westsussex.gov.uk/careguide.

As well as a benefits and payments checklist, the Care Guide lists care at home services and care homes in West Sussex, split into the northern, southern and western areas of the county.

It also includes a raft of information on day care and community care services, extra care housing schemes and support for carers.

The Care Guide has been awarded a 'Crystal Mark' by the Plain English Campaign for the way it clearly presents information in an easy to understand way.

Peter Catchpole, Cabinet Member for Adult Social Care and Health, said: "The Care Guide is an important part of the County Council's campaign to help residents Age with Confidence."

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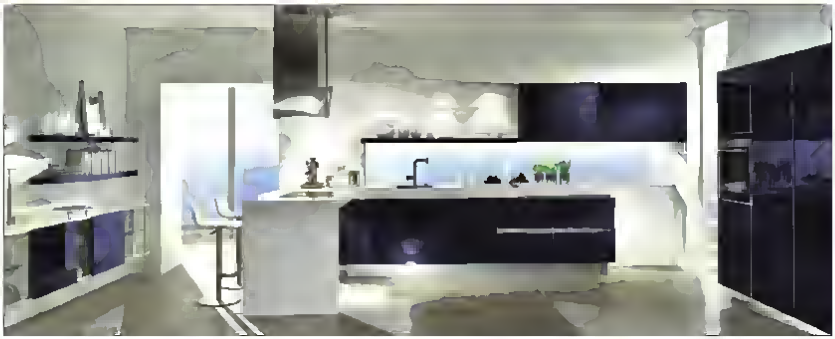
Let your kitchen be the envy of every other room



MARLIN KITCHENS LTD – an award winning family business run by a Lady design team – really takes you by surprise! Tucked away in Crane Street, Chichester (off of North Street), Marlin are really setting the standards in Chichester

From ultra modern German kitchens to a traditional British painted in-frame country kitchen, Marlin have a range to suit all. You have only to read all the thank you cards and letters and look at the photos of finished kitchens in their albums to see why approximately 65% of their business comes via referrals. They've also got only 5* reviews online

It is comforting to learn that Marlin are seeing a lot of repeat customers, where people have moved house and were so impressed by Marlin's quality kitchens, reasonable prices, professional trades, customer service and organisation of the overall project, that they have come back to Marlin for another kitchen. They are now in their 14th year in Chichester and still have most of the same trades they had when they opened. In fact one customer said, "It's like having old friends back".

Apart from the fact that Michelle and Lynn are the key designers and therefore understand the woman's perspective with regards to the design, colour schemes and how practical the kitchen works, another key factor to Marlin's success is the fact that they handle the whole kitchen project, from floor to ceiling, Marlin utilise the expertise of all their own trades – nothing is sub-contracted.

As word spreads about Marlin Kitchens, so are the areas they are reaching – from Brighton to Southampton and even the outskirts of London, Marlin's quality work using top brand appliances and unusual designs are second to none.

All kitchens are installed by Marlin's own experienced carpenters and registered trades. From plastering, moving/replacing radiators, replacement boilers, ceilings, lighting, gas work, electrics, tiling, flooring, bespoke cabinetry and even final decorating, Marlin co-ordinate & organise your complete project.

Competing highly against not only the over inflated prices offered by the National Kitchen companies, but also the DIY outlets with their everlasting sales, Marlin will not be beaten on quality at an affordable price tailored to suit any budget. With a free design and plan service fully fitted or a supply only everyone gets the same service.

It is easy to see why Marlin are so popular when you are in their showroom, as it is such a friendly and inviting atmosphere and Lynn, Michelle and Vicky take pride in making people feel at ease and without pressure. "There's nothing worse than being jumped on when you walk in to a shop but just as bad is being left alone without even so much as a hello. We exercise the happy medium, asking people if they are happy to browse or whether they are looking for something specific and if they have any questions or require brochures to simply ask."

For more information, visit their website WWW.MARLINKITCHENS.CO.UK or call Marlin Kitchens on 01243 778680 or visit the showroom at 7 Crane Street (off North Street), Chichester

Free Planning Service with one of our Lady Design Team
Supply Only or Fully Fitted using all of our own trades - Floor to Ceiling
For more information, call Marlin Kitchens on: **01243 778686** or visit the showroom for coffee and advice at **7 Crane Street (Off North Street), Chichester**.

Race crew raises £1,000 for Aldingbourne Trust

CHICHESTER based classic yacht Sea Jay and her crew raised a vital £1,000 for the Aldingbourne Trust, by completing the 60 mile J.P. Morgan Round the Island Race at the beginning of June.

Sea Jay, a 1965 vintage 27ft varnished wooden cruising yacht, skippered by Walberton based yachting journalist Barry Pickthall, and crewed by Dick New from Fontwell, Bart Bridgen from Aldingbourne and international sailing coach Dan Jaspers from Southampton, took a little over 9 hours to complete the circumnavigation, after jostling for position among the 1,459 strong fleet at The Needles, St Catherine's Point and Bembridge, after starting from Cowes at 6 20am

It was a fantastic race - one of the largest mass-participation events in the Country - and we are very thankful to everyone who contributed towards our cause," says Barry. "The money raised, will go towards local charity Aldingbourne Trust, which supports over 200 adults with learning disabilities. The Trust, and many of the people it supports have lost out badly in the cuts in care support for vulnerable people imposed by West Sussex County Council, has embarked on an ambitious plan to build a Conference Centre, Shop and new facilities at it's Aldingbourne Country Centre near Fontwell that will make the charity and its clients less reliant on government funding."

The Round the Island Race is an annual sailing extravaganza around the Isle of Wight that dates back to 1931 and always attracts a vast entry. This year was one of the best in living memory, with moderate northerly winds providing the fleet with a fast passage around the Island. Olympic Gold Medalist, Sir Ben Ainslie smashed the record in his wing sailed catamaran JP Morgan/BAR by recording the first sub-3 hour time. "It was a remarkable achievement," added Barry. "Ben and his crew quite literally flew round the Island averaging more than 25knots, to complete the distance in time to catch breakfast. When they crossed the line, we were still 10 minutes away from rounding the Needles, and there were still many more boats behind us, which made for a colourful ribbon of sail right around the Island."

Supporters can still donate to Sea Jay's Round the Island Race fund by going online to www.charitygiving.co.uk/aldingbourne_trust#.UZcbCdTNppA.email

To find out more about The Aldingbourne Trust, go to www.aldingbournetrust.co.uk/

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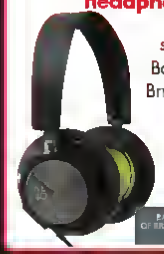

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- Consultant Orthopaedic Surgeon
At Nuffield Health Chichester Hospital
Subject: Doctor . . . what's wrong with my knee ?
Come along and have all your questions answered by Consultant Orthopaedic Surgeon - Mr Mike Moss
Date: 20th June 2013 At: 7.00pm
Place: Nuffield Health Chichester Hospital, 7B Broyle Road, Chichester, PO19 6WB
Light refreshments will be served. For more information or to book your FREE place please go to nuffieldhealth.com/chichester or phone 01243 885 773

Hospice volunteers feel like Royals during volunteers' Week

FOUR of our volunteers were extremely honoured and excited to be invited to the Queen s Royal Garden Party on Thursday, 6th June, during national Volunteers' Week.

The invitation was made following all our volunteers receiving the Queen s Award for Voluntary Service last year To make it fair, all our volunteers names were put into the hat, with the lucky names pulled out being Paulne Bloodworth, who volunteers at our Felpham Shop, Pam Evans, a volunteer flower arranger and driver, Alice Snel, from our BEADY's fundraising Support Group and Jill Trim, a Hospice Visitor who helps with the bereavement support group

The Hospice contacted Rolls Royce which kindly agreed to loan the ladies a car and a chauffeur for the day The car was the icing on the cake and the Hospice would like to say a huge thank you to them for the company's generosity

While parked outside the Hospice, the Ghost drew lots of admiring looks from staff and volunteers who were keen to inspect and enjoy the luxurious interior

Paulne, Pam, Alice and Jill left from the Hospice in high spirits, on a glorious sunny day and the ladies even took a picnic with them to enjoy on the way

At the Garden Party they saw the Queen, the Duke of Edinburgh and Prince Harry and were able to see the gardens and the lake.

Paulne said. "It really was a special day and oh, that car to die for It really felt very strange going back to work having been amongst such style so I really had to come down to Earth with a bump I still can t believe how lucky I was to have been drawn out of the hat."

"It was a fantastic day and the weather was unbelievably perfect," said Jill "Eight thousand people to rub shoulders with meant actually meeting the Queen was impossible but we saw her and the Duke plus other royals Being escorted in a £900,000 Rolls- Royce made us feel like royals ourselves!"

Our ladies said they returned home tired, but very happy and full of memories to treasure

As part of Volunteers' Week another group of our volunteers visited Saint Raphael s Hospice in Sutton, for a special strawberry tea party held so volunteers could chat and share their experiences

This year s theme was time to say thank you and here at St Wilfrid s we really do value our volunteers who all do such an amazing job

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SCT foundation trust consultation launches at Bognor Hospital

SUSSEX Community NHS Trust has begun a twelve-week consultation process to ask the people it serves to back its bid to become an independent community NHS foundation trust (FT) by 2014.

NHS foundation trusts are high performing NHS organisations, and already provide over half of all NHS services in England. FTs work within the framework of the NHS Constitution, providing health and care services that are free at the point of delivery.

One of the key benefits in becoming an FT is that they have more freedom from government than standard NHS trusts. This gives them greater scope to decide their own future, and more financial autonomy through which they can invest to improve services for patients.

FTs are also able to develop new links with the communities they serve through a system of members and governors who can have a real influence over the way the FT is run.

Jo Habben, SCT hospital matron at Bognor War Memorial Hospital, said: "We want to become an FT so we can make full use of the benefits FT status brings to improve the ways we serve our local communities.

"Becoming an FT will enable us to maintain a clear focus on community healthcare and strengthen our commitment to put our patients at the heart of all we do. It will help us to build on the work we are already doing to make our services more sensitive to patients' needs and wants."

Sue Sjuve, SCT trust chair, added: "One of the biggest benefits in becoming an FT is that it gives our patients and staff as members a greater say in shaping our plans and designing our services.

"To succeed with our FT bid we need to show we have the backing of local people, our health and care partners and our staff. So we hope you will engage with us during our consultation and register your support for our FT ambitions."

Sat 22 June Cat Homing 12-2pm

Cat and Rabbit Rescue Centre

COME ALONG to the Cat Homing Day on Saturday 22nd June from 12 noon to 2 pm if you are thinking of getting a cat or kitten. You can visit The Rescue Centre and see the cats and kittens and reserve your selection, pending a satisfactory pre-home visit which will normally occur within a couple of days. There are over 120 cats and kittens waiting for homes now, that have been checked, neutered, vaccinated, microchipped and given flea and worm preventative treatment as appropriate.

The Rescue asks for a minimum donation of £45 for each cat or kitten which includes vaccination, microchipping, and neutering. Free PetPlan vet insurance for 4 weeks is provided. A younger un-neutered kitten is £70 and a voucher for free neutering at The Rescue when the kitten is old enough is supplied.

Cats waiting for homes

- Greystoke is a 3 year old grey male and Hades a 2 year old grey female, both friendly and affectionate
- Warrior is a gentle, affectionate 4 year old male tabby
- Sparky is a friendly, loving brindle torty 9 year old lap cat.
- Moonlight is a very affectionate 4 year old black, green-eyed female
- Yaba is a white, tabby & grey 2 year old female
- KM12, KF13,15 13 are Yaba's white & tabby, black, tabby & white kittens
- Bella is a 2 year old semi-longhaired tabby needing a quieter home
- Kirsty is a very friendly, talkative, 1 year old green eyed black cat
- Kings and Lima, a friendly 1 year old black and white pair
- Budd is black and Laurel is black and white, a gentle 10 year old pair

Vodka needs a home with a male guinea pig after waiting 15 months at rescue, and we can bond him with your own male guinea pig. The rescue asks for a minimum donation of £10.

Please contact us if interested in a new pet by phone 7 days a week. Visits to The Centre are Strictly by Appointment, except on Homing Day sessions. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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23 JUN	ELY CATHEDRAL FLOWER FESTIVAL OR ELY
27 JUN	ROYAL GREENWICH - CUTTY SARK & CABLE CAR
28 JUN	LOOSE WOMEN Southbank Studios
28 JUN	KENTISH CHEESE & WINE WITH LUNCH & AFTERNOON TEA
29 JUN	EASTBOURNE OR HASTINGS
30 JUN	SUNDAY LUNCH & GREYHOUND RACING, HOVE
04 JUL	POOLE OR BROWNSEA ISLAND
09 JUL	ISLE OF WIGHT TOUR
12 JUL	CORONATION FESTIVAL, BUCKINGHAM PALACE GARDENS
13 JUL	THE WIRELESS FESTIVAL WITH JAY Z London Olympic Park
14 JUL	KENT COUNTY SHOW OR LEEDS CASTLE
22 JUL	DAVID BOWIE EXHIBITION, V & A MUSEUM
24 JUL	UPPER RURAL THAMES RIVER CRUISE WITH LUNCH
01 AUG	PHANTOM OF THE OPERA Her Majesty's Theatre
01 AUG	BILLY ELLIOT Victoria Palace Theatre
03 AUG	KEN DODD Worthing Pavilion

07 AUG	CHARLIE & THE CHOCOLATE FACTORY Theatre Royal Drury Lane
24 AUG	PETER PAN, THE NEVER ENDING STORY Wembley Arena
27 AUG	JERSEY BOYS Prince Edward Theatre
28 AUG	WE WILL ROCK YOU Dominion Theatre
12 SEP	FIDDLER ON THE ROOF Mayflower Theatre
18 SEP	MATILDA THE MUSICAL Cambridge Theatre
05 OCT	I'LL BE BACK AT MIDNIGHT (with 2 course lunch) The Mill, Sonning
15 OCT	DANIEL O'DONNELL Fairfield Halls, Croydon
14 OCT	SCROOGE Mayflower Theatre
17 OCT	EVITA WITH LUNCH OPTION Mayflower Theatre
31 OCT	GHOST THE MUSICAL WITH LUNCH OPTION Mayflower Theatre
23 NOV	CLASSICAL SPECTACULAR Royal Albert Hall
28 NOV	WAR HORSE New London Theatre
12 DEC	JOHN RUTTER'S CHRISTMAS CELEBRATIONS WITH R.P.O. Royal Albert Hall
13 DEC	STATUS QUO Brighton Centre
14 DEC	JOOLS HOLLAND & GUESTS Brighton Centre
15 DEC	DIVERSITY - LIMITLESS Brighton Centre
17 DEC	JLS BIC Bournemouth
17 DEC	BOYZONE Brighton Centre
04 JAN	DISNEY ON ICE - DARE TO DREAM O2 Arena

Selsey Gardens Open Day

Sunday 23rd June 2013

11.00am - 5.00pm

Selsey, West Sussex

Selsey Lifeboat Station Photo: Donna Tomlinson

From cottage, courtyard and vegetable gardens, to those enjoying spectacular sea views - there's something of interest for everyone

★ **NEW gardens for 2013**

Admission £5 adult, under 12s free (under 12s must be accompanied by an adult)

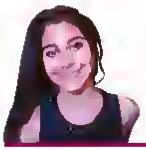
Admission Programme (includes map and description of each garden) available in Selsey from: Country Gardens Greengrocer, Summit bikes and The Selsey Florist.

On sale from Saturday 25th May and in participating gardens on the day

Proceeds to St Wilfrid's Hospice Alzheimer's Society

In aid of St Wilfrid's Hospice Alzheimer's Society Leading the fight against dementia

Hot or What?



Mia Edwards

WHATEVER idiot came up with that theory that people see themselves as five times more attractive than they really are, clearly came out of a spaceship one day and said ah look, humanity What a lovely species that I am about to ruin

It all started a while ago with Samantha Brick (the one who was in that article called "Why do Women Hate Me For Being Beautiful? Oh poor sad Samantha I just don't know). People started thinking about the way they looked even more than on your standard morning And then from some distant world of data came this fact that we are all even less hot than that voice in our head which torments us endlessly for our yucky face would have us believe

Well done you wonderful researcher As though people are not insecure enough without being told that however ugly they feel, the reality is even worse

Obviously not everybody is insecure I am in that average chunk of people who have spurts of wanting to cry when they see pictures of themselves, but sometimes feel super super confident The sad truth is that we can put so much effort into how we look – waxing, makeup, hair stuff, the whole shebang – and we do this all not to look especially excellent but just look like what is expected of us, the standard human Everyone tries so the standards get higher and higher as people try more frequently to look better There can never be peace

We should admire people who have confidence, it's pretty fricking hard to keep (maybe not Samantha Brick confidence levels though just saying). But we're all taught from a young age that insecurity is beneficial to us, and that if you think you're looking good you have to change that because it's arrogance This means that if you look at yourself one day and think 'I look awesome', you tell yourself to stop

Watch out for the fake ones though, people who complain about how they look are clearly insecure (i.e everyone ever from anywhere) but there are some who talk about it too much They bring it up and say 'gaaaawd I'm so ugly and I hate everything about myself' but they do that sly thing when they do it until you compliment them. Then they stop like, voila, my work here is done. That's annoying, stop doing that

In the end, you're probably hot so don't worry about it. We should send that little alien back into its ship and tell it to suck it

Need a new challenge?

SCOUTING is thriving in the Chichester District and despite challenging times it continues to offers low cost, highly professional and enjoyable, activities for young people using trained adult volunteers

There are over 600 children and young people participating in the fun and exciting adventures that Scouting offers through the Beavers, Cubs, Scouts and Explorer sections All this is made possible by 140 adult volunteers in the city and surrounding area

It's exciting times for Chichester District Scouts as they search to find a new volunteer manager to help them continue to grow and build on this success The role of District Commissioner needs someone or a team of people who can inspire and lead the district to new heights. A dynamic character, good interpersonal skills and proven track record in people management are top on the list of qualities for the Scouts

Knowledge or previous experience of Scouting or youth work is not required as full training and ongoing support is provided

The Scouts are keen to hear from anyone interested in leading the Chichester District, the role could be undertaken in a variety of ways, a role share or management team could be a creative solution to find the best mix of skills and talents and ensure all pressures on free time remain balanced.

For further information or an informal chat please contact Mark Guy mark.guy@scouts.org.uk tel: 07943 868 055 or visit www.westsussexscouts.org.uk

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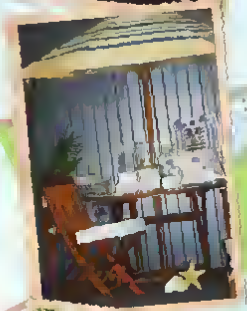

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Westergate rower completes 10 million metre challenge

A 72-YEAR-OLD woman has recently completed the Concept2 Rower '10 million metre' challenge.

Sandy Clarke, 72, has been a devoted member of Six Villages Sports Centre – operated by Freedom Leisure on behalf of West Sussex County Council – for nine years and has been working towards the milestone on the Concept2 rowing machine since joining the centre in March 2004. She visits the gym three times a week and rows for up to an hour during each session. She had initially planned to row five million metres but after reaching this target in just three years, she decided to set herself an even bigger challenge – to row 10 million metres.

Staff and members at Six Villages Sports Centre have been ever so supportive and I'm very proud of what I've achieved,' says Sandy. 'The first five million metres were far easier than the latter but I powered through to reach my goal.'

Sandy has always been a keen rower. In 2005 she was ranked top in the UK for the marathon distance on the Concept2 rowing machine for her age category (60-69).

'We are all so pleased for Sandy – it's a fantastic achievement,' says Freedom Leisure Centre Manager Simon Wagstaff. 'She is a fine example of what dedication and hard work can achieve and has proven that age needn't be a barrier in physical activity.'

Get ready for Chichester Cycling Festival 2013

GET READY for a week celebrating all things bike – from a pedal powered cinema to a cycle jumble.

Chichester Cycling Festival is on from Saturday 15 to Sunday 23 June around the city and includes cycle rides, a Midsummer night's mountain bike ride to the South Downs, talks, BMX demonstrations and more.

Some of the highlights include:

- Cycle Jumble – either buy or sell some cycling gear. It is Saturday 15 June from 9am-2pm on at St Paul's Church Hall, Northgate, Chichester;
- Pedal Powered Cinema – sit back and watch a pedal powered cycling film on Sunday 16 June at 12.30pm, 3pm and 6pm at the Dance Studio, University of Chichester, Bishop Otter Campus;
- Cycle to Work Day – cycle to work on Tuesday 18 June and pop along to the Market Cross in Chichester between 7.30am and 9.30am for free bike marking, coffee shop vouchers, chance to enter prize draw for £250 bike shop voucher and cycling information, and
- Team Extreme event – younger cyclists will love the demonstration by Team Extreme at the skate park next to Westgate Leisure Chichester on Sunday 23 June from 11am-4pm. Free coaching is available as well as displays on a BMX and scooter.

Plus, there are two evening talks by well-known cyclists:

- former Olympian and Tour de France rider Colin Lewis on Saturday 15 June from 7-8.30pm, and
- Josie Dew, cyclist and writer, on Thursday 20 June from 7.30-9.30pm.

Tickets for both events are £5 and both talks are being held at the Friends Meeting House, Priory Road in Chichester.

Councillor John Connor, Chichester District Council's Cabinet Member for Environment, says: "We're supporting the cycling festival to help foster a culture of cycling within the Chichester District. Cycling not only helps to reduce traffic congestion but also helps promote health and wellbeing within our community. The festival should inspire people of all ages to get back on two wheels."

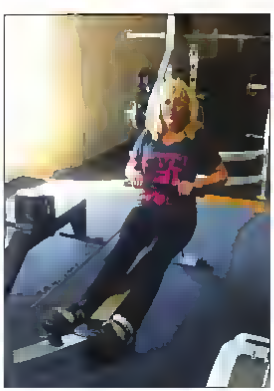
The festival has been jointly funded by Government grant funding awarded to Chichester District and West Sussex County Councils and is being organised by both councils and members of the community.

For full festival details see www.chichester.gov.uk/cycling and leaflets are available from both of the councils' offices, Westgate Leisure Chichester, local bike shops, Chichester Library and The Novium.

To book tickets for any event or for more information email cycle@chichester.gov.uk or call 01243 534694.

Nuffield Health Club Chichester - One members story of commitment and determination

Nuffield Health fitness & wellbeing



Member of the Month
Lynn Huntingford
Age 54 years

LYNN'S journey through Nuffield has been one of great ambition, determination and success. In January 2011, Lynn suffered from 3 brain haemorrhages from an aneurysm in the brain. These were simply caused by the stresses and strains of daily life.

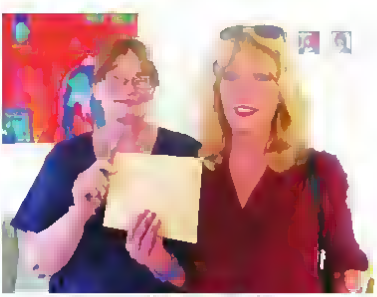
Unfortunately the second haemorrhage left Lynn with a stroke leaving her paralysed down her right side and extreme oversensitivity with her left hand. Lynn was told at the time that she only had a 20% survival rate with the possibility of never walking or talking again. After being in intensive care for 3 weeks Lynn wanted to prove the doctors wrong and she did!

After starting rehabilitation Lynn took part in daily physiotherapy, occupational and speech therapy sessions. She had to learn to walk again, starting with walking down the hospital corridors, dragging her paralysed right leg behind her. As time passed Lynn made good progress. When she was released from rehab she asked her husband to buy her a 'Wii Fit' so she could continue her exercises at home.

Each day without fail Lynn worked on her rehabilitation to help re-train her brain and physical co-ordination. With Lynn's determination and help from her neighbours and friends she progressed to walking her dog, a Doberman. Keeping the dog in check plus walking and talking at the same time was tiring to start but now Lynn walks her dog twice a day for over an hour and half!

Lynns journey through Nuffield

In March 2012, Lynn's brother, who lives in Australia, wanted to help Lynn with her rehabilitation. After finding some gyms on the internet he settled on Nuffield Health Chichester and bought her a 3 month membership. Lynn and her carer started in the pool swimming 6 lengths once a week. This was a little uncomfortable due to the noises around her but she conquered her fears and gradually built up to 40 lengths twice a week by June! In July she felt confident enough to use the gym so she had an induction with the gym team and they guided her through some weights based exercises and also the bike. In the meantime, Lynn passed her driving test and now drives herself to the gym 3 times a week for her workouts.



Lynn and one of the Nuffield Health Chichester Lead Wellness Coaches

After weeks of training to get her self fitter and improve her health, Lynn felt she needed a further goal. She decided that she would like to raise money for the Donald Wilson Brain Rehabilitation Unit (based in St Richards Hospital) who provided her physiotherapy. Rising to the challenge, Lynn didn't settle for an easy 2 mile walk. She decided to take on a mini Quadrathlon: Row 5K, Bike 5K, Speed walk 5K and Swim 1K (50 lengths). Lynn has now completed her challenge and raised a massive £630 so far which will make a huge difference for the rehab centre.

Lynn has had a long but exceptional journey with her recovery and has defied all the odds. Lynn praises the staff and facilities of Nuffield for making her feel welcome and catering for her needs. They have made her life easier and now contemplating her next goal ...!

If you would like to find out how the team at Nuffield Health Chichester can help you call the club on 01243 788678 to book a tour of the facilities. For further details go to www.Nuffieldhealth.com/chichester.com

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Petpals launch 'pet cremation service'

LOCAL PETCARE company Petpals Chichester has partnered with the Association of Private Pet Cemeteries and Crematoria (APPCC) to provide a sympathetic and dignified pet cremation service to customers.

Said Garry Morrison, manager of Petpals Chichester, said: "Losing a pet for many people is like losing a family member. At Petpals we are all animal lovers and want to provide our customers with the best possible service from walking a brand new puppy to helping to care for elderly animals at the end of their lives. It makes sense for us to be able to offer a pet cremation service and in the APPCC we have found an organisation that shares our commitment to high standards and ethical behaviour."

The bereavement of a beloved dog, cat or small pet is often a traumatic and heart breaking time. The Petpals pet cremation service offers a guaranteed individual pet cremation which includes the collecting of the animal from the owners' home or vets practice and return or burial of the pets ashes. Owners can visit their pets in a chapel of rest at the crematorium to say goodbye if they wish.

Said Kevin Spurgeon, director of APPCC, said: "Petpals work on a one to one basis to care for pets and owners and it is a natural progression to extend that care when the pets die. Together we can ensure people have the correct information, make the decisions that are right for them and receive a service governed by the Code of Conduct of the APPCC.

In particular these standards have been developed to protect pet owners when they are at their most vulnerable to the mass selling of poor quality and fraudulent cremation services.

Traditionally owners have trusted their vet to handle the disposal of deceased pets. Although vets give exceptional care to pets when they are alive this does not mean they have sufficient knowledge to offer after death care services – after all, you would not ask your doctor to arrange your funeral! Sadly many vets only offer clients either a basic "ashes back" or simple disposal service.

I believe pet owners will receive a far more caring and less expensive service by making arrangements with Petpals."

For more details about Petpals pet cremation service visit http //www petpals com/services/pet cremation-burial-service php To contact Petpals Chichester telephone 07599 543454 or email chichester@petpals.com www.petpals com/area/chichester htm or for further information about the APPCC visit http // www.appcc.org.uk/

Cotswold Outdoor sets up camp in Chichester

CUT LOOSE from your daily routine of buzzing alarm clocks, constant telephone calls and endless traffic jams to spend the night sitting around the campfire, gazing at the stars with Cotswold Outdoor.

Go back to basics and escape to the outdoors with local outdoor retailer, Cotswold Outdoor at their tent show in Chichester from 22nd – 23rd June. For the duration of the event you can find a variety of different tents pitched for you to view in a range of different sizes. Visitors can visualise and test fully functional products suitable for a variety of activities, so whether you're an avid camper, a keen festival goer or family camper, there is something for everyone.

The event, held at New Park Road Park, will showcase a great range of camping equipment, from tents, sleeping bags, chairs, stoves and accessories. Not only can you get great offers on top-of the-range kit, but you can also receive expert knowledge and advice from trained Cotswold Outdoor staff who will be on hand throughout the show. Attendees can also receive some great offers including 50% off* camping chairs and airbeds.

Paul Cross, Manager of Cotswold Outdoor in Chichester says: "Britain has some of the most beautiful sights and scenery, and what better way to experience it than be at one with nature, spending nights on the ground and sharing stories round the campfire.

"Camping is a great way to spend quality time with your family, as well as providing an opportunity to get away without spending a fortune. It's important to make sure you have the right equipment for whatever level of camping you're doing, we understand that every trip is different. At the Cotswold Outdoor tent show you can find a wide variety of tents and equipment which will prepare you for your trip no matter what the elements throw at you."

Cotswold Outdoor is one of the biggest suppliers of camping equipment in the UK, stocking a variety of top brands including Vango, Outwell, Vaude and Wild Country. The tent show showcases a wide range of tents and accessories. Cotswold Outdoor offers a free home delivery policy as standard, and guarantees that if you find any products cheaper elsewhere, you can take advantage of the Cotswold Outdoor price match guarantee (terms apply) which promises to match or refund the difference.

Rebekah Grace
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Old style watches are the new future

LOWERY, the popular jeweller's based on Chichester's North Street, specialises in diamond and precious stone set jewellery.

Lowery always keep a range of unusual and branded second hand jewellery but they are also keen to expand on their range of second hand watches.

Their second-hand watch brands range from Longines, Favre Leuba, IWC, Cartier, Vertex and Universal - complemented by 1920s - 30's diamond set cocktail watches.

Proprietor, Colin Bryant, says old style watches are now becoming a thing for the future.

"There's been a massive surge in new and old watches," he says. "There's so much interest in old and modern watches. We do Edwardian and late Victorian pocket watches and we also try and specialise in watches pre and post war times. We are really interested to hear from anybody who may wish to sell an old watch, and those who wish to come and see the old watches we have that can be bought.

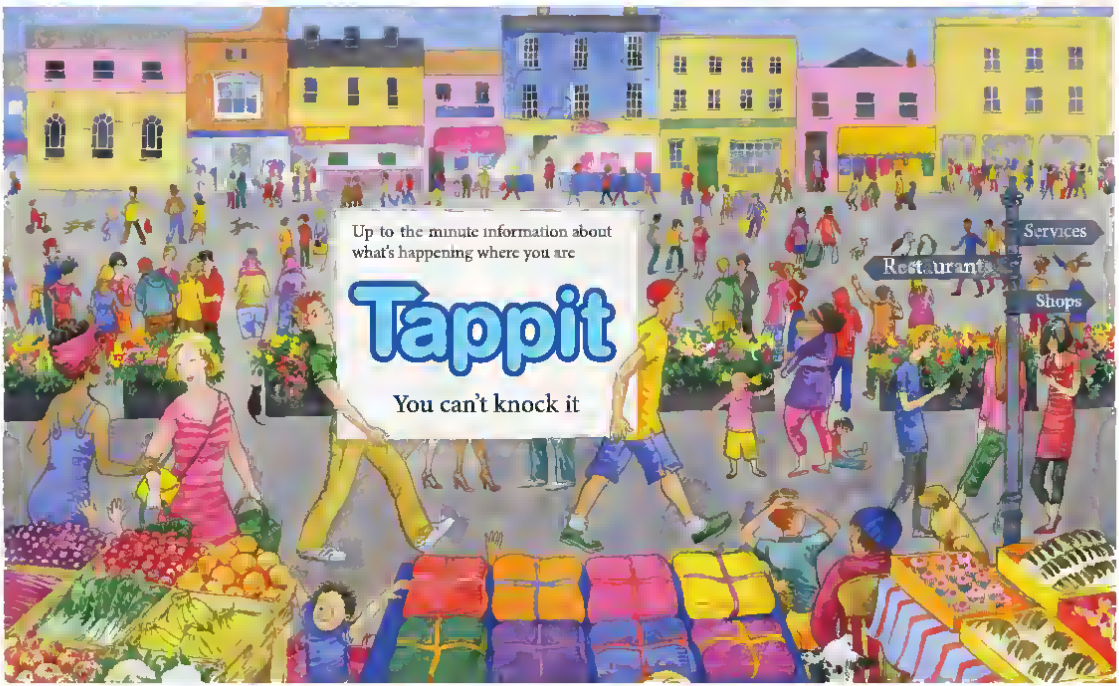
"We have many unusual retro style watches for both men and women. Some of the old style small watches are now being worn by ladies of all ages. The interest in

watches generally has become massive. From the lady who wishes to have that old style accessory to the well dressed man who has a watch for each different type of occasion."

Lowery also carry out valuations for insurance and probate on the premises. They also have a full repair service specialising in remodelling out of date jewellery.

If you wish to see the watches available at Lowery in Chichester, or you think you may have an old watch that could be of interest to the shop, you can visit them at:

Lowery, 74 North Street, Chichester, West Sussex, PO19 1LQ
Tel: 01243 769518 Email: lowery@btconnect.com



Arts & Entertainment

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Behind The Candelabra (15)

FOUR out of Five stars

Running time 118 mins
Director Steven Soderbergh
Starring Michael Douglas, Matt Damon, Rob Lowe, Dan Aykroyd, Scott Bakula, Debbie Reynolds, Cheyenne Jackson, Bruce Ramsay, Nicky Katt, Boyd Holbrook, Paul Reiser, Eddie Jemison

By turns laugh-out loud funny, jaw droppingly camp and powerfully moving, this is a hugely entertaining drama/biopic with a superb script and a pair of terrific performances from Michael Douglas and Matt Damon.

What's it all about?

Directed by Steven Soderbergh and based on the book by Scott Thorson, Behind the Candelabra stars Matt Damon as 17year old animal handler Scott Thorson, who begins a five year relationship with flamboyant 57year old pianist Liberace (Michael Douglas) after they're introduced by a mutual friend (Scott Bakula) in 1970. Smitten with Scott, Liberace (or 'Lee', to his friends) gives him a job and moves him into his house, making him a complex mix of secret lover, personal assistant and surrogate son.

However, complications set in when Liberace introduces Scott to his plastic surgeon Dr Jack Startz (Rob Lowe) and insists he gets surgery so as to look more like a younger version of Liberace. This, in turn, leads to Scott developing an addiction to various painkillers and when Liberace begins to lose interest, the relationship comes under a heavy strain.

The Good

Michael Douglas gives the performance of his career as Liberace, simultaneously capturing the preening narcissism and the outrageously over the-top showbiz personality, while also letting us see the aching loneliness and need for true love under the surface. Matt Damon is equally good as Thorson, generating surprisingly effective chemistry with Douglas and convincingly portraying gradual drug-induced deterioration in the second half of the film.

In addition, there are a number of stand out supporting turns, including Rob Lowe (hilarious as the plastic surgery addicted doctor whose face is permanently rigid), Dan Aykroyd (as Liberace's long-suffering manager), Scott Bakula (sporting a wonderful Village People-esque moustache as Bob Black) and Debbie Reynolds as Liberace's slot machine-obsessed mother.

The Great

Richard LaGravenese's script is excellent, skilfully blending dark humour ('Will I be able to close my eyes again?', 'Not entirely, no.') and high camp (there are catty looks and bitchy one-liners in abundance) while also portraying a convincing relationship that is genuinely moving, as we clearly see what both men get out of the relationship. It's also quietly heart breaking in its observations of the contrast between Liberace's private and public life, particularly in the scene where he reads from his autobiography, declaring his life-long love for a woman who never even appears on screen.

Needless to say, the film is further heightened by some exceptional production design that fully embraces what Liberace refers to as 'palatial kitsch', not to mention some costuming work that features what must be the tiniest pants ever committed to celluloid. There's also a superb score from Soderbergh's frequent collaborator Marvin Hamlisch.

Worth seeing?

Behind the Candelabra is an outrageously entertaining drama with a superb script and terrific performances from Douglas and Damon. If Soderbergh really is retiring from filmmaking as he has apparently promised, then he will be sorely missed: here's hoping he'll be back behind the camera soon. Highly recommended.

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer, name, address and contact number to **news@theshiphotel.net**

the ship
Hotel Bar & Restaurant

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Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Tuesday 18th June 2013 at midday. The competition is for one winner with a prize of a meal for two at the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of: Soup shot, crispy fried duck egg with 'in' the fingers, oriental duck rolls, Sh's cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no such alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Photography
Tel: 01243 773291
Mobile: 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace
PHOTOGRAPHY

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q. MICHAEL DOUGLAS WON A BEST ACTOR OSCAR FOR HIS ROLE IN WHICH FILM?

A. TRAFFIC
B. WALL STREET
C. BASIC INSTINCT

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 18th June 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Ruth Bryan from Chichester

Herald are getting [illegible] and we apply

cineworld CINEMAS

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University to play its part in community festival

THE UNIVERSITY of Chichester has joined together with the local community to embrace the new Festival of Chichester and is showing its support by hosting several on-campus events

The University's MA touring dance troupe mapdance will be performing on campus at 7pm on 21st June. Now in its seventh year, mapdance has firmly established itself as an exciting company of young dynamic dancers recruited nationally and internationally.

On 22nd June Commotion Dance will be performing at 11.30am and 3pm. Commotion offer an imaginative and fun performance for ages 3-7 and their grown ups. Using movement, music and a host of imaginative props, the dancers create a lively playground on stage

You can also join Commotion before each performance for fun and accessible creative dance workshops at 10.30-11.15am & 2.00-2.45pm. Looking at themes of the show Commotion dancers will lead child and adult in an exciting movement based workshop, using props and music from the show

Choreographers of the Future, curated by the University's Dance department, will be performing on 24th and 25th June at 7pm. The group offer an eclectic mix of contemporary dance performances by emerging young dance artists, showcasing dynamic, exciting and powerful pieces by some of the most talented students in the country today

Replica, a small scale contemporary dance company co-founded and artistically directed by Hannah Bendell and Thomas Pickard, will be performing in The ShowRoom on 26th June at 7pm. Both dancers are trained in classical ballet and contemporary dance and fuse these styles in their work.

Art lovers will enjoy the free exhibitions and talks hosted by the University's Fine Art department and Otter Gallery, beginning with a showcase of over 30 later abstract works by West Sussex artist Peter Iden (1945-2012), whose work explores the underlying shapes of the South Downs landscape, at the Otter Gallery from 17th June to 20th July. From 20th June until 6th July, you can also see an exhibition of his earlier works in artOne

On 19th June in the Otter Gallery, antiques and art expert Rupert Toovey, from the BBC's Bargain Hunt, will be giving a talk about art and landscape in the context of the Gallery's Peter Iden exhibition. This is followed on 21st June by a talk across artOne and the Otter Gallery by David Page, an artist and friend of Peter Iden, which will explore various themes in the context of the Iden exhibitions at the two venues

Finally from 20th June to 6th July, artOne will also be hosting a display of artwork from this year's BA Fine Art Degree Show in an exhibition entitled 'Choice Cut'

For more information and ticket details of all the events that the University is hosting, go to www.chi.ac.uk/about us/events/festival-chichester-2013

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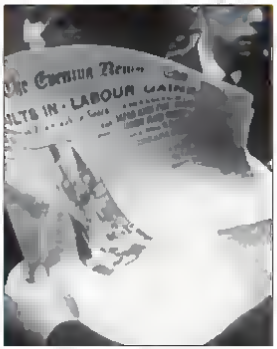

Sat 15 Jun
12.30 First Position (U) 90m
14.15 The Wagner Family (PG) 106m
16.15 Voyage to Italy (PG) 86m
18.00 Spirit of '45 (PG) 100m
20.00 Arbitrage (15) 107m

Sun 16 Jun
13.00 Ordet (PG) 126m + Intro by Canon Dr A. Cane
15.30 The Hunter (15) 102m
18.00 I, Anna (15) 90m
20.00 The Hunt

Mon 17 Jun
12.45 I, Anna
14.30 Voyage to Italy
16.15 Arbitrage
19.45 Small Apartments (15) 90m

Tue 18 Jun
13.00 Silent Wagner (U) 82m
14.45 The Wagner Family
17.00 First Position

Wed 19 Jun
12.45 Amour (12A) 127m
15.15 Spirit of '45
17.15 Boxing Day (15) 95m
19.15 The Hunter

Thu 20 Jun
15.15 Boxing Day
17.15 Amour
19.45 Lore (15) 107m

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CHOICE

Huw Edwards

Trooping the Colour The Queen's Birthday Parade Highlights
BBC2, 6 30pm
As far as pomp and ceremony go, nobody does them quite like the Brits. And there's no event in the Brit sh calendar as grand, lavish or darn impress ve as Trooping the Colour. Here Huw Edwards introduces the best moments from this morning's military parade, when the Queen s Colour was trooped by the 1st Battalion Welsh Guards at Horse Guards Parade in Whitehall, London, to mark the monarch s official birthday, with members of the royal family, invited guests and the public in attendance.

BBC1

6 00 Breakfast 9 00 The Saturday Kitchen Live 10 30 Trooping the Colour: The Queen's Birthday Parade 1.15 BBC News Regional News Weather 1 20 Tanner from Ouside's 5 25 A Question of Sport. A-Z. 5 00 Pointless Celebrities (R)
6 40 **BBC News** Regional News Weather
7.00 **The Weine UK** Holly Willoughby and Reggie Yates present the live semi final, which meet the eight remaining acts perform lavishly-lit, before taking part in a group number with their roaches.
9.10 **The Mr Hand Saturday Night Draws** Matt Johnson presents the all-important Lotto and Thunderball draws, along with the Lotto Plus 5 results.
9.20 **Casualty** Tom faces a dilemma about treating a non-fatally regarding his new born baby's paternity; and Sam tries to help a man feel with hinnnger and give him a nhance to save his marriage.
10 10 **BBC News**, Weather National Lottery Update.
10 30 **Masterchef: The Day** Grazily Japan Mark Chapman presents highlights of the opening match of the Confederations Cup, as the Group A nidan met at the Estadio National in Brasilia.
11 10 **Film No Strings Attached** (2011) Premiara Two old friends try to have a purely sexual relationship, but find themselves falling in love nonetheless. Romantin comedy starring Natalie Portman and Ashton Kutcher
12 00 Weatherview 12 55 BBC News

BBC2

6.00 This is BBC Two 6.45 Film: The Gay Diplomat. (1931) 3.05 Film: The Fabulous Dorseys. (1947) 4.55 A History of Scottar (R) 10.00 Reel History of Britain. (R) 10.30 The Great British Bake Off Masterclass (R) 11.30 Nature's Great Events. (R) 12.30 Just a Minute. (R) 1.10 Live Mercedes 2.50 Film: Tim (1979) 3.45 Coast. 4.15 Natural World. Tiger Isle (R) 5.15 Rog It! (R)
6.00 **Dad's Army.** The platoon plans to re-enact the battle between St George and the dragon as part of the Wings for Victory Industrial Efficiency Week, unaware the ARP wardeon have the name idea (R)
6.30 **Trooping the Colour: The Queen s Birthday Parade Highlights** Huw Edwards introduces the best moments from this morning s military parade when the 1st Battalion Welsh Guards at Horse Guards Parade in Whitehall, London, to mark the monarch s official birthday
8 00 **Live International Rugby Sinton** Argentina v England (Kink off 8 10pm) Coverage of the second fixture in a two-match series, as the sides meet at the Estadio Jose Amelfitani in Buenos Aires
10 00 **Film A Serious Man** (2009) Premiara A mild mannered professor seeks nspiritual advice as a nanber of disasters disrupts his life. Comedy starring Michael Stohlbarg and Richard Kind
11 40 **Film Skeletons** (2010) Premiera Two emotional exorcists able to psychically unnovar people's dark secrets help a pilant find her missing husband Fantasy starring Ed Gaughan.
1 10 Thin Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. 6.10 Jake and the Neverland Pirates. 6.25 The Hive (R) 6.55 The Hive. (R) 6.40 Dino Dan. (R) 6.55 Dino Dan. (R) 7.05 Canimals. (R) 7.15 Canimals. (R) 7.20 Almost Naked Animals. (R) 7.35 Ultimate Spider-Man. 8.00 Jessie. 8.25 ITV News 8.30 Dinner Date. (R) 9.25 The Jeremy Kyle Show USA. (R) 10.20 Murder She Wrote. (R) 11.20 ITV News Weather 11 30 Saturday Farm 12.35 All Star Mr & Mrs. (R) 1.40 River Monsters. (R) 2.35 The Chase. (R) 3 35 You've Been Framed! (R) 4 05 Film: Happy Feet (2006)
6 10 **Regional Programme;** Weather
6 25 **ITV News**, Weather
6 40 **I Im Despicable Me** (2010) Premiare An evil genius adopts three orphann to aid his latest plot, but fatherhood has a strange effect on him. Animated comedy with the voices of Steve Carell and Jason Segal
6.30 **Saturday Greenhalland** Peter Kay dids a long farewell to Granedn Studien in Manchester, featuring the building from rooftop to basement and introducing archive clips from memorable moms produced there.
10 00 **The Americanna** The couple discover their members' colleague Robert had n wife.
10 50 **ITV News** Weather
11 05 **I Im Lark Stenk and Two Smoking Barrels** (1998) Pom friendn get out of their depth while trying to pay off a debt to a mima lord Comedy with Nick Moran
1 00 Jackpot247 3 00 In Plain Sight (R) 4.25 ITV Nightsnneen.

CHANNEL 4

6.10 The Hoobs. (R) 6.35 British Rallycross. 7.00 The Grid 7.30 FIM Superbike World Championship. 8.30 The Morning Line. 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 10.30 Frasier. (R) 10.35 Frasier. (R) 11.05 The Big Bang Theory. (R) 11.35 The Big Bang Theory. (R) 12.05 The Big Bang Theory. (R) 12.55 The Big Bang Theory (R) 1.25 The Simpsons (R) 1.55 The Simpsons (R) 2.25 Film: The Three Musketeers (1933) 4.25 Deal or No Deal. 5.25 Channel 4 News 5.55 The Political Slot
8 00 **Film St Trinian s 2: The Legend of Fritton s Gold** (2009) I ha mischievous schoolgirls hunt for buried treasure after learning their headmistress Miss Fritton is descended from pirates. Comedy sequel with Rupert Everett and Gemma Arterton.
8 00 **Terror In the Skies** Aeronautical engineer Brendan Walker looks at how the reliance on increasingly complex technology in planes could cause pilots to make new kinds of errors
9 00 **The Returned** Thai rench supernatural thriller continues. Simon approaches Adele; only for Thomas to find out about his 'return'; while Camilla finds herself unable to th hank lime her family
10 05 **Film Clsiriel 8** (2009) A South African forecaster gets stranded in an internment camp meant to segregate alien refugees from the human population. Sci-fi starring Jason Cope.
12 10 **Film** Hustle 5, Flow (2005) 2 10 Southland (R) 2 25 I Hate That Smile (R) 3 00 Location Location Location (R) 3 00 Deal or No Deal (R) 4 50 Countdown (R) 5.35 Baking Mit h with Erin Lanland (R)

CHANNEL 5

6.00 Milkshake! 9.55 Power Rangers. Super Samurai (R) 10.30 ThunderCats. (R) 11.00 The Hotel Inspector. (R) 12.00 Big Brother: Live Launch Part 2. (R) 1.30 CSI: NY. (R) 2.20 CSI: NY. (R) 3.15 CSI: NY. (R) 4.10 CSI: NY. (R) 5.15 **Film:** The Sea Wolves (1980) Adventure with Gregory Peck.
7.20 **5 News Weekend.**
7.25 **NCIS.** Tony becomes obsessed with finding a woman whose brother has been murdered. (R)
8.15 **NCIS.** The team investigates when a fellow agent's burnt body is discovered and Gibbs has no longer recall revealing what happened in Mexico as the case progranssen (R)
9 10 **Big Brother: Secrets & Lies** High ghlm of the past 24 hours unfar the all-seeing eye of Big Brother, who this year has promised plenty of twists and turnn and game changing tasks
10 10 **Big Brother's Bit on the Psych** New naries. Spin-off show in which presenter Alex Oduch is joinall by a panel of experts and psychologists to analyse the behaviour of the housemeten
11 10 **Neighbours: Thin Week.** Hour-long episoda featuring highlights from Ramsay Street over the past week when Steph stepped up her plan to win Lunar back and Georgia ended her relationship with Kyle
12 10 SuperCasio 4 00 Michaela's Wild Challenge. (R) 4.25 Make It Big (R) 4 50 Roary the Racing Car (R) 5 00 Angels of Jarm. (R) 5 00 Hanna Helpline. (R) 5 25 That Lucky Valley Show (R) 5 40 Roary the Racing Car. (R) 5 50 Hana's Helpline (R)

DIGITAL

BBC 1dree
7 00 Great Mrvie Mistaken IV May the Fourth Be with You 7 30 Match of the Day Live. Brazil v Japan (Kick-off 8 00pm) 10 00 The Call Centre 11 00 Family Guy 11 45 American Dad!
BBC Iwo
7 00 The Dark Ages. An Age of Light 8 00 The Renew Show 9 00 Fathers and Songn: Music for Father's Day 10 00 **Film** My Afternoons with Margarette (2010) 11 20 What's Gowg On? The Life and Death of Marvin Gaye
ITV2
2 25 **Film** Dragonheart (1996) 4 35 Yen ve Been Framed and Tomnoun 5 40 **I Im** Star Wars Episode I: The Phantom Menace (1999) 8 15 I Im Mr Beans Holiday (2007) 10 00 The Only Way In Essex 10 50 Big Rinh Texas 11 00 Hell's Kitchen
ITV3
3 40 Inspector Morse 8 00 Agatha Chrirne s Mmple 8 00 David Jason n Greatest Escapen 9 00 **Film** Meet Joe Black (1998)
ITV4
2 35 Lonesome Dove 6 40 **Film** Escapa n Victory (1981) 9 00 **Film** Specien III (2004) Sci fi horror sequel starring Jonny Madrey 11 15 Father'n Day 11 40 **Film** MnVicar (1980)
E4
4 30 90210 5.30 The Mindy Project 6 00 The Big Bang Theory 7 30 New Girl 8 00 **Film** Hairspray (2007) 10 15 The Inbetweeners 11 15 Alan Carr: Chatty Man
Film4
3 00 Star Trek: Generations (1994) 5 15 Diary of a Wimpy Kid (2010) 7 05 Big Mommna s House (2000) 8 00 Frozen (2010) Thriller starring Emma Bell 10 00 Saw (2004) Horror starring Cary Elwes

SUNDAY'S TV 16.06.13

CHOICE

Rebecca Ferguson

The White Queen
BBC1, 9pm
After weeks of trailers this epic, 10-part drama based on Philippa Gregory's best selling, fact based novel about three women s quest for power n 15th-century England. Elizabeth Woodville, Margaret Beaufort and Anne Neville. It begins with Elizabeth down on her luck, having been widowed when her husband was killed fighting for the deposed Lancastrian King Henry VI. Now destitute, his only hope of supporting her two young sons is to use her beauty to capture the heart of her family s greatest enemy, young York King Edward IV.

BBC1

6 00 Breakfast 9 00 The Andrew Marr Show 10 00 The Big Questionn 11 00 Sunday Politics. Weather for the Week Ahead 12.20 Countryfile. (R) 1.15 Bargain Hunt. (R) 2 00 Tennis from Queen's. The AEGON Championships Sue Barker introduces coverage of the final of the Wimbledon warm up event, held at the Queen s Club in London. Coverage continues on BBC2 5 40 Songs of Praise 5 55 Earthlight (R)
6 35 **BBC News** Regional News, Weather
7 00 **Countryfile** Matt Baker and Ellie Harrison head to north Wales, where he visits Rhyl for an annunl festival of forestry and nha exploren a strange and wonderful cnental habitat. Including Weather for the Week Ahead
8 00 **Antiques Roadshow** The experts return to the North Yorkshire town of Scarborough, where items include a nineteenth century tea caddy, a bedding set n paperweight from Churchill's desk and n tiara
9 00 **The White Queen** New narien Epin historical drama set against the backdrop of the Wars of the Roses. King Edward IV muses numbmessly by marrying a commoner Rebecca Ferghnon and Max Irons star
10 00 **BBC News** Regional News Weather
10 25 **Match of the Day Live** Spain v Uruguay (Kick-off 11 00pm) Gary Lineker presents coverage of the opening Group B match in the Confederations Cup staged at the Arena Pernambuco in Recife, Brazil.
1 00 Weatherview, 1 00 BBC News.

BBC2

6.00 This is BBC Two 6.45 Film: Love Affair. (1939) 8.15 Gardeners' World. (R) 8.45 The A to Z of TV Gardening 8.30 The Celebrity Live Garden. 10.00 Saturday Kitchen Best Bites 11.30 Chinese Food Made Easy. (R) 12.00 Wimbledon Now. (R) 12 30 Live Motogp 2.05 Eastenders. (R) 4 00 Flog It 5 00 Tennin from Queen s
6 00 **Parkiga** (R)
7 00 **Peter Jones Masks** The Dragonn Den star nhats to Michael Aron Smith, the CEO of entertainment company Mind Candy, and Laura Tanlson, founder of mrtlar nity wear and baby clothing firm Jojo Maman Bebe
8 00 **Operation Sea Tiger** Part two of two. Camaraman Max Hng Willamn fellowwn tiger to see if nha hen new nuits, while Liz Bonnin searches for another female that has gone missing
9 00 **Rise of the Continents** Iain Stawnit examines the effect of Australia's formation and development on Aboriginal history, modern day mining and the evolution of its unique wildlife
10 00 **Dalziel and Pascoe** A churchthirsty bishop menaces Edmund (R)
10 50 **Week in the Week** Topical comedy quiz, hosted by Dara O Briain (R)
11.00 **Mock o Lead of Guzzrocks** Highlights of the comedy quiz and music news stories from 2004 (R)
11.30 **Film Valhalla Rising.** (2009) Premiere Adventure starring Mads Mikkelsen.
12 55 Sign Zone. Countryfile (R)
1 00 Holby City (R) 2 50 This Is BBC Two

ITV

8.00 CITV: Jake and the Neverland Pirates. 8.10 Jake and the Neverland Pirates. 8.25 The Hive. (R) 8.35 The Hive. (R) 8.40 Dino Dan. (R) 8.55 Dino Dan. (R) 7.05 Canimals. (R) 7.15 Canimals. (R) 7.20 Almost Naked Animals. (R) 7.30 Teenage Mutant Ninja Turtles 8.00 Sneaky with n Chance 9.25 ITV News 9.30 Country House Sunday 9.25 The Jeremy Kyle Show USA. (R) 10.20 Murder She Wrote. (R) 11.20 ITV News, Weather 11 30 Film: Again Christian Tha Man in tha Brown Suit (1989) 1 30 Love Your Grndan. (R) 2 30 A Touch of Frost. (R) 4 50 Film: Batteries Not Included (1987)
6 35 **Regional Programme** Weather
6 45 **ITV News** Weather
7 00 **Tipping Point: Lucky Stars** Kym Lomas, Jim Wilding and Dannin Taylor answer questions to win turns in an arcade-style machine hoping to collect £20 000 for their nhosen nhrnity
8 00 **Agatha Christie s Marple** New series. The nlauth confronts dark magic while investigating the death of a fellow holiday-maker in the Caribbean. Julia McKenzie stars with Antony Shar and Robert Wnfrd
10 00 **ITV News** Weather
10 15 **The Tale of Seven Story** The history of TV talent contests, beginning with Susan Boyle discussing her breakthrough on BGT, and how Will Young, deal Gareth Gates in Pop Idol (R)
11 20 **Drama Trails**
12 15 The Store 2 15 Monk (R) 3 00 Motorsport UK. 3 50 ITV Nightscreen 5 00 The Jeremy Kyle Show (R)

CHANNEL 4

6.00 Kirstie's Vintage Gems 6.10 The Treacle People. (R) 6.20 The Treacles. (R) 6.45 The Hoobs. (R) 7.10 Transatlantic. 7.35 London Nocturne. 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Everybody Loves Raymond. (R) 10.00 Everybody Loves Raymond. (R) 10.30 The Big Bang Theory. (R) 11.00 The Big Bang Theory (R) 11.55 The Big Bang Theory (R) 1.25 The Simpsons (R) 1.55 The Simpsons (R) 2.25 **Film** The Three Musketeers (1933) 4.25 Deal or No Deal. 5.25 Channel 4 News 5.55 The Political Slot
8 00 **Film St Trinian s 2: The Legend of Fritton s Gold** (2009) I ha mischievous schoolgirls hunt for buried treasure after learning their headmistress Miss Fritton is descended from pirates. Comedy sequel with Rupert Everett and Gemma Arterton.
8 00 **Terror In the Skies** Aeronautical engineer Brendan Walker looks at how the reliance on increasingly complex technology in planes could cause pilots to make new kinds of errors
9 00 **The Returned** Thai rench supernatural thriller continues. Simon approaches Adele; only for Thomas to find out about his 'return'; while Camilla finds herself unable to th hank lime her family
10 05 **Film Clsiriel 8** (2009) A South African forecaster gets stranded in an internment camp meant to segregate alien refugees from the human population. Sci-fi starring Jason Cope.
12 10 **Film** Hustle 5, Flow (2005) 2 10 Southland (R) 2 25 I Hate That Smile (R) 3 00 Location Location Location (R) 3 00 Deal or No Deal (R) 4 50 Countdown (R) 5.35 Baking Mit h with Erin Lanland (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. 8.05 Roary the Racing Car (R) 8.15 Fifi and the Flowertots. (R) 8.25 Bubble Guppies. 8.35 The Mr Man Show (R) 8 50 Chloe's Closet. 7.00 Milkshake! Monkey D. 7.05 Fireboan and Sprinkle (R) 7.10 Bananas in Pyjamas (R) 7.25 Noddy In Toyland. (R) 7 40 City of Friends. (R) 7 00 Bertand Emla's Great Adventures. (R) 7 05 Little Princess. (R) 8 10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8.20 Mio Mao (R) 8 25 Angelina Ballerina (R) 8 45 Rupert Bear (R) 9 00 Ben and Holly's Little Kingdom. (R) 9 15 Toby's Travelling Circus. (R) 9 30 Roary the Racing Car. (R) 9 45 Jelly Jamm. (R) 10 00 The Mr Man Show. (R) 10 10 Power Rangers Super Samurai. (R) 10 45 ThunderCats. (R) 11 10 Willnm and Kate. Sady Makes Three. (R) 12 10 Big Brother: Secrets & Lies (R) 1 10 RB BOTS: Rylan's Supersized Celebrity Sunday 2 10 Film: Dr Dolittle 3. (2006) 4 00 Film: Daddy Day Camp. (2007) 5 45 5 News Weekend. 5 50 Film: Around the World in 80 Days (2004)
6 00 **Dona Ugee s Time** Rumpelstiltskin creates a new potion that allows him to cross the town border
9 00 **Big Brother: Secrets & Lies** Daily round-up highlights
10.00 **Film As Good as It Gets** (1997) Romantic comedy drama starring Jack Nicholson and Helen Hunt
12 00 Campus PD 1 15 SuperCasino 4 00 Michaela's Wild Challenge. (R) 4 25 Make It Big (R) 4 00 Roary the Racing Car. (R) 5 00 Angels of Jarm. (R) 5 25 The Funky Valley Show (R) 5 40 Roary the Racing Car. (R) 5 50 Hana's Helpline (R)

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Monday

BBC1 6.00 Breakfast 9.15 Cramewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited 11.30 Cowboy Trap 12.15 Bargain Hunt. 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 Perfection (R) 3.45 Hairy Bikers' Best of British. (R) 4.30 Put Your Money Where Your Mouth Is. (R) 5.15 Pointless. 6.00 BBC News; Weather 6.30 Regional News Programmes; Weather 7.00 The One Show 7.30 Fake Britain; BBC News Regional News 8.00 EastEnders. 8.30 Elderly Care Conditions Critical? Panorama. 9.00 New Tricks (R) 10.00 BBC News 10.25 Reg onal News Weather 10.35 Helicopter Rescue 11.20 The Graham Norton Show (R) 12.05 Film Green Card (1990) Romantic comedy starring Gerard Depardieu and Andie MacDowell 1.50 Weatherview 1.55 BBC News.

BBC2 6.00 This Is BBC Two 6.05 Homes Under the Hammer (R) 7.05 Robbed Raided Reunited (R) 7.35 Cowboy Trap (R) 8.20 Sign Zone Chefs: Put Your Menu Where Your Mouth Is (R) 9.05 Watchdog (R) 10.05 Country Show Cook Off (R) 10.35 HARDtalk (R) 11.00 BBC News 11.30 BBC World News 12.00 Da ly Politics 1.00 Tennis from Eastbourne The AEGON International. 5.15 Flog It (R) 6.00 Eggheads 6.30 Father Brown (R) 7.15 Antiques Road Trip (R) 8.00 Airport Live 9.00 The Route Masters: Running London's Roads. 10.00 Iain Banks Raw Spirit - A Review Show Special. 10.30 Newsnight. Weather 11.20 Rise of the Continents (R) 12.20 Sign Zone The Apprentice. (R) 1.20 Alex Polizzi: The Fixer Returns (R) 2.20 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London, Weather 6.30 ITV News, Weather 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Dales. 8.30 Coronation Street. 9.00 Long Lost Family. 10.00 ITV News and Ten Weather. 10.30 ITV News London, Weather. 10.35 Benidorm. (R) 11.05 Monk. (R) 12.00 Jackpot247. 3.00 The Jeremy Kyle Show (R).

Channel 4 6.00 The Treasle People. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 Will & Grace (R) 7.30 According to Jim. (R) 7.55 The Morning Line. 8.55 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent (R) 12.00 Channel 4 News Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.40 Three in a Bed (R) 1.40 Royal Ascot: Chlenot 4 Racing. Live coverage of the opening afternoon of the five-day festival. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News 7.55 #thoughtv. 8.00 Something for Nothing. 11.30 Chef Gets Fit. The general knowledge and memory round of the competition. 12.00 Dates. Young lesbian Erica struggles to tell her family about her sexuality. 11.35 How to Find Love Online. 11.35 Random Acts. 11.40 The Greatest Shows on Earth. (R) 12.40 Royal Ascot Highlights. 1.10 Enrogean Poker Tour 2.05 KOTV Boxing Weekly 2.35 America's Cup Discovered. (R) 3.00 The Grid. (R) 3.30 British Rallycross (R) 3.55 FIM Superbike World Championship. (R) 4.25 Transatlantic. (R) 4.55 London Nocturne. (R) 5.50 SuperSnowmen (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Eddie Stobart, Trucks and Trailers. 12.10 5 News Lunchtime 12.15 Big Brother: Secrets & Lies. (R) 1.15 Home and Away 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film Thicker Than Water (2005) Drama starring Melissa Gilbert. 5.00 5 News at 5 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30. 7.00 Chris Tarrant: Extreme Railways (R) 5 News Update. 8.00 The Gadget Show. 9 News at 9. 9.00 My Face Is Eating Me Alive: Extraordinary People. 10.00 Big Brother: Secrets & Lies. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Crime Scene Investigation. (R) 12.55 SuperCasino. 4.00 House Doctor. (R) 4.45 Divine Designs. (R)

Tuesday

BBC1 6.00 Breakfast 9.15 Cramewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed Raided Reunited. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection. (R) 3.45 Hairy Bikers' Best of British. (R) 4.30 Put Your Money Where Your Mouth Is (R) 5.15 Pointless. 6.00 BBC News; Weather 6.30 Regional News Programmes; Weather 7.00 The One Show 7.30 EastEnders. BBC News, Regional News. 8.00 Holby City. 9.00 Frankie. 10.00 BBC News. 10.25 Regional News; Weather. National Lottery Update. 10.35 D-Day The Last Heroes (R) 11.35 Film Joker Guyz. (2003) Action drama, starring Laurence Fishburne. 1.20 Weatherview. 1.25 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Robbed Raided, Reunited. (R) 7.35 Cowboy Trap (R) 8.20 Sign Zone Chefs: Put Your Menu Where Your Mouth Is (R) 9.05 Watchdog (R) 10.05 Country Show Cook Off (R) 10.35 HARDtalk. (R) 11.00 BBC News 11.30 BBC World News 12.00 Da ly Politics 1.00 Tennis from Eastbourne The AEGON International. 5.15 Flog It (R) 6.00 Eggheads 6.30 Father Brown. (R) 7.15 Antiques Road Trip (R) 8.00 Airport Live 9.00 The Route Masters: Running London's Roads. 10.00 Iain Banks Raw Spirit - A Review Show Special. 10.30 Newsnight. Weather 11.20 Rise of the Continents (R) 12.20 Sign Zone The Apprentice. (R) 1.20 Alex Polizzi: The Fixer Returns (R) 2.20 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London, Weather 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Harbour Lives. 8.30 Royal Windsor's Big Week. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Real Crime: Bombers on the Run. (R) 11.35 In Plain Sight. 12.20 Jackpot247. 3.00 Loose Women (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 6.00 The Hoobs (R) 6.35 The Hoobs. (R) 7.05 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 The Morning Line. 8.55 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent (R) 12.00 Channel 4 News Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.40 Three in a Bed (R) 1.40 Royal Ascot: Chlenot 4 Racing. Live coverage of the opening afternoon of the five-day festival. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News 7.55 #thoughtv. 8.00 Something for Nothing. 11.30 Chef Gets Fit. The general knowledge and memory round of the competition. 12.00 Dates. Young lesbian Erica struggles to tell her family about her sexuality. 11.35 How to Find Love Online. 11.35 Random Acts. 11.40 The Greatest Shows on Earth. (R) 12.40 Royal Ascot Highlights. 1.10 Enrogean Poker Tour 2.05 KOTV Boxing Weekly 2.35 America's Cup Discovered. (R) 3.00 The Grid. (R) 3.30 British Rallycross (R) 3.55 FIM Superbike World Championship. (R) 4.25 Transatlantic. (R) 4.55 London Nocturne. (R) 5.50 SuperSnowmen (R)

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BBC1 6.00 Breakfast. 9.15 Cramewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed, Raided, Reunited. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News, Weather. 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection (R) 3.45 Hairy Bikers' Best of British. (R) 4.30 Put Your Money Where Your Mouth Is (R) 5.15 Pointless. 6.00 BBC News, Weather. 6.30 Regional News Programmes; Weather. 7.00 The One Show. 7.30 Rhys Jones's Wildlife Patrol. BBC News, Regional News. 8.00 Watchdog. 9.00 The Apprentice. 10.00 BBC News. 10.25 Reg onal News, Weather. National Lottery Update. 10.35 Meldrum. (R) 11.00pm) 1.00 Weatherview. 1.05 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Robbed Raided Reunited. (R) 7.30 Cowboy Trap. (R) 8.15 Sign Zone Chefs: Put Your Menu. Where Your Mouth Is (R) 9.00 Helicopter Heroes Down Under (R) 9.30 Monty Don's French Gardens (R) 10.30 Country Show Cook Off. (R) 11.00 BBC News. 11.30 Daily Politics. 1.00 Tennis from Eastbourne. The AEGON International. 5.15 Flog It (R) 6.00 Eggheads. 6.30 Father Brown (R) 7.15 Antiques Road Trip (R) 8.00 Airport Live. 9.00 Horizon Fracking. The New Energy Rush. 10.00 The Apprentice: You're Fired. 10.30 News, and Weather. 11.25 The Route Masters: Running London's Roads. (R) 12.20 Sign Zone. Toughest Place to Be a Firefighter (R) 1.20 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Take Me Out. 9.00 Love and Marriage. 10.00 ITV News at Ten Weather. 10.30 ITV News London, Weather. 10.35 Joanna Lumley's Nile. (R) 11.35 The Dales. (R) 12.05 Jackpot247. 3.00 Film Columbo: A Stitch in Crime. (1971) Crime drama with Peter Falk and Leonard Nimoy. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs (R) 6.35 The Hoobs (R) 7.05 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 The Morning Line. 8.55 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.40 Three in a Bed. (R) 1.40 Royal Ascot: Channel 4 Racing. Live coverage of the second afternoon of the five-day festival. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtv. 8.00 Something for Nothing. 11.30 Chef Gets Fit. The general knowledge and memory round of the competition. 12.00 Dates. Young lesbian Erica struggles to tell her family about her sexuality. 11.35 How to Find Love Online. 11.35 Random Acts. 11.40 The Greatest Shows on Earth. (R) 12.40 Royal Ascot Highlights. 1.10 Enrogean Poker Tour 2.05 KOTV Boxing Weekly 2.35 America's Cup Discovered. (R) 3.00 The Grid. (R) 3.30 British Rallycross (R) 3.55 FIM Superbike World Championship. (R) 4.25 Transatlantic. (R) 4.55 London Nocturne. (R) 5.50 SuperSnowmen (R)

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Thursday

BBC1 6.00 Breakfast. 9.15 Cramewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed, Raided, Reunited. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection. (R) 3.45 Hairy Bikers' Best of British. (R) 4.30 Put Your Money Where Your Mouth Is (R) 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News: Regional News. 8.00 Waterloo Road. Lorraine discovers Michaela's takeover plan. 9.00 Life Savers. A man is trapped in his car after hitting a tree. 10.00 BBC News. 10.25 Regional News; Weather. 10.35 Question Time. Panellists include Boris Johnson, Tessa Jowell and Russell Brand. 11.35 This Week. 12.20 Holiday Weatherview. 12.25 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Robbed Raided Reunited (R) 7.35 Cowboy Trap (R) 8.20 Sign Zone Chefs: Put Your Menu Where Your Mouth Is (R) 9.05 Watchdog (R) 10.05 Country Show Cook Off (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Da ly Politics. 1.00 Tennis from Eastbourne. The AEGON International. 5.15 Flog It (R) 6.00 Eggheads. 6.30 Father Brown. (R) 7.15 Antiques Road Trip (R) 8.00 Airport Live. 9.00 Horizon. Fracking. The New Energy Rush. 10.00 The Apprentice: You're Fired. 10.30 News, and Weather. 11.25 The Route Masters: Running London's Roads. (R) 12.20 Sign Zone. Toughest Place to Be a Firefighter (R) 1.20 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Harbour Lives. 8.30 Coronation Street. 9.00 Long Lost Family. 10.00 ITV News at Ten Weather. 10.30 ITV News London, Weather. 10.35 Britain Likes a Bell Ton ght. 8.00 Emmerdale. 8.30 Paul O'Grady: For the Love of Dogs. 9.00 Happy Families. 10.00 ITV News at Ten, Weather. 10.30 ITV News London, Weather. 10.35 Royal Wimbledon's Big Week. (R) 11.35 The Late Debuts. 12.05 Jackpot247. 3.00 Britain Likes a Bell Tonight. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 6.00 The Treasle People. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 Will & Grace. (R) 7.30 According to Jim. (R) 7.55 The Morning Line. 8.55 Frasier (R) 9.30 Frasier (R) 10.00 Undercover Boss Canada. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.40 Three in a Bed (R) 1.40 Royal Ascot: Channel 4 Racing. Live coverage of the fourth afternoon of the five-day festival. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtv. 8.00 The Million Pound Drop Live. 10.35 PhoneShop. 11.05 Trojan Donkey. 11.35 8 Out of 10 Cats Beat Bits. 12.25 Random Acts. 12.30 Royal Ascot Highlights. 1.00 The Million Pound Drop Live. (R) 2.30 Now G-h. 2.50 The Mindy Project. 3.10 The New Normal. 3.35 Accidentally on Purpose. (R) 3.55 Reasons to Be Cheerful Hello Friend (R) 4.05 St Elsewhere. (R) 4.55 Location Location, Location. (R) 5.50 Kitchen Vintage Gems

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Emergency Bikers. (R) 12.10 5 News Lunchtime. 12.15 Big Brother: Secrets & Lies. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film Pregnancy Pact. (2010) Drama starring Thora Birch. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30. 7.00 The Removal Man. (R) 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. Fleet head David Cox visits Sweden to assess Volvo's new tractor units. Last in the series. 5 News at 9. 9.00 Big Brother Live Eviction. Emma Willis hosts the first eviction. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother: Live from the House. 12.00 SuperCasino. 4.00 Motorsport Mineral. 4.25 House Doctor. (R) 4.50 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Cramewatch Roadshow. 10.00 Homes Under the Hammer (R) 11.00 Robbed, Raided, Reunited. 11.30 Cowboy Trap. 12.15 Bargain Hunt. 1.00 BBC News, Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 Perfection. (R) 3.45 Hairy Bikers' Best of British. (R) 4.30 Put Your Money Where Your Mouth Is (R) 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Top Of Britain. BBC News Regional News. 8.00 EastEnders. 8.30 Would I Lie to You? 9.05 Miranda. (R) 9.30 Mrs Brown's Boys. (R) 10.00 BBC News. 10.25 Reg onal News Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 Film Road Trip. (2000) Comedy starring Breckin Meyer. 12.50 Weatherwear. 12.55 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Robbed Raided Reunited (R) 7.30 Cowboy Trap (R) 8.15 Sign Zone Chefs: Put Your Menu Where Your Mouth Is. (R) 9.00 Antiques Roadshow. (R) 10.00 Onesion Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Tennis from Eastbourne. The AEGON International. 5.15 Flog It! (R) 6.00 Eggheads. 6.30 Father Brown. (R) 7.15 Antiques Road Trip (R) 8.00 Nature's Microworlds. 8.30 Gardeners' World. 9.00 Wild Shrewsberdess with Kate Humble. 10.00 Newsnight. 10.30 Newsnight. 11.05 After Film. The Shopping News (2001) Drama, starring Kevin Spacey. 12.50 Sign Zone. Question Time. (R) 1.50 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Harbour Lives. 8.30 Coronation Street. 9.00 Long Lost Family. 10.00 ITV News at Ten Weather. 10.30 ITV News London, Weather. 10.35 The Deer Hunter (1978) Oscar-winning Vietnam War drama, starring Robert De Niro. 1.55 Jackpot247. 3.05 Film Escape to Victory (1981) Second World War adventure, starring Michael Caine. 4.55 ITV Nightscreen.

Channel 4 6.00 The Treasle People. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 Will & Grace (R) 7.25 According to Jim (R) 7.55 The Morning Line. 8.55 Frasier (R) 9.25 Frasier (R) 10.00 Undercover Boss Australia. (R) 11.00 Phil Spencer Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.40 Three in a Bed (R) 1.40 Royal Ascot: Channel 4 Racing. Live coverage of the fourth afternoon of the five-day festival. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtv. 8.00 The Million Pound Drop Live. 10.35 PhoneShop. 11.05 Trojan Donkey. 11.35 8 Out of 10 Cats Beat Bits. 12.25 Random Acts. 12.30 Royal Ascot Highlights. 1.00 The Million Pound Drop Live. (R) 2.30 Now G-h. 2.50 The Mindy Project. 3.10 The New Normal. 3.35 Accidentally on Purpose. (R) 3.55 Reasons to Be Cheerful Hello Friend (R) 4.05 St Elsewhere. (R) 4.55 Location Location, Location. (R) 5.50 Kitchen Vintage Gems

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Food & Drink

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Award winning smoked Salmon

ASDAS Extra Special Scottish Smoked Salmon with Malt Whiskey has won a Gold at the Grocer Food and Drink awards.

As part of judging for these awards consumer panels are held, the customer judges felt "the inclusion of malt whiskey was an indulgence". The quality of the fish was the key selling point as the salmon was "succulent", "moist" and "very fresh". The product was described as a subtle taste of malt whiskey, but a strong smoked flavour.

Asda s Extra Special Smoked Salmon is from the west coast and islands of Scotland. The rough, tidal waters in this area mean the fish are strong and lean.

They then smoke all the Extra Special smoked salmon for 24 hours. It is then sliced and just before it's packed and given a generous coating of specially selected Glen Moray Classic® Single Malt Scotch Whiskey.

The slices of smoked salmon then retain a robust whiskey aroma yet a gentle oaky flavour which enable the delicate smoked salmon flavour but does not over power it.

Bad kitchen habits raises risk of poisoning

MORE THAN 80% of consumers have at least one poor kitchen habit that puts them at risk of food poisoning, according to a survey.

The poll for the Food Standards Agency found that 43% would eat food after the 'use by' date, 20% would eat food that has been dropped on the floor, and more than a third (30%) wash chicken before cooking it, potentially splashing bacteria around the kitchen.

The study, to mark Food Safety Week, also found that 35% of people do not check "use by" dates, with 85% of this group preferring to sniff food to decide if it is safe and 68% looking at its colour.

Unlike "best before" dates, "use by" dates relate to safety and are based on scientific testing.

More than a fifth of those questioned (21%) said they do not wash their hands properly before preparing food.

While 83% admitted to one or more habits when cooking at home that could put them at risk of food poisoning, the same percentage said they have confidence in their food hygiene all or most of the time and 93% believe they have never given family or friends food poisoning.

If they do fall ill themselves, only 5% consider whether the cleanliness of their own kitchen is the cause.

The agency is launching an online "kitchen check" which asks consumers to look at their food preparation practices, and gives a score and some tips based on their answers.

FSA food safety expert Bob Martin said: "By not washing their hands before preparing food at home, or ignoring 'use by' dates, people could be setting themselves and their friends or family up for a bout of really unpleasant illness.

"We've created the kitchen check to help people to think about what they do in their own homes and make it easier for people to be knowledgeable and confident about storing and preparing food."

Oysters top list of food British people refuse to eat

OYSTERS have topped a list of foods that British people refuse to eat.

The recent survey found that 47% of Brits would reject the delicacy if it was offered to them, with the percentage increasing to 57% for women.

The results of Save the Children s study put liver and anchovies in second and third place with 46% and 45% respectively.

The survey asked 2,011 British adults to list foods they could not or would not eat.

42% said they would refuse tofu, with 39% expressing a dislike for black pudding and 37% saying they would not eat sushi.

Also in the top ten most unpopular foods for Brits were blue cheese (34%), olives (33%) and marzipan (26%).

Just 5% of respondents said they did not dislike any food.

The survey was undertaken ahead of the G8 nutrition summit in Northern Ireland, which aims to drive global action to reduce hunger and malnutrition.

UK produced rapeseed oil knocking back sales of imported olive oil

HOME produced rapeseed oil has become so popular with health conscious shoppers it is now knocking back sales of imported extra virgin olive oil for the first time.

Extra virgin olive oil, from the Mediterranean, rose dramatically in popularity during the noughties after being endorsed by celebrity chefs, particularly Jamie Oliver who produced his own range.

But now sales have fallen into decline as shoppers turn to healthier rapeseed oil in a move that is not only aiding the home economy but also helping cut down our carbon footprint.

In the last year volume demand for bottles of rapeseed oil have grown by 11.5 per cent across all retailers while extra virgin olive oil has fallen to minus 0 0 per cent, according to retail analysts Kantar (Feb 2013).

At Tesco sales are so strong – growing by 60 per cent in the last year – that it now sells 21 different varieties including ones infused with chilli, ginger, garlic, lemon, and garlic.

Food experts say the main reason for the change is that rapeseed oil has the lowest saturated fat content of any edible oil.

Tesco local sourcing manager Gemma McIver said: "Anyone driving through the British countryside recently can t fail to have noticed the abundant fields of bright yellow rapeseed and over the last few years more and more UK producers have turned to grow this relatively new cash crop.

"We started selling cold pressed rapeseed oil five years ago and since then it has really taken off and we now stock varieties from all over Britain.

"Rapeseed is extremely easy to grow and now that there is a growing awareness of it as a healthier alternative to olive and vegetable oil we think that more farmers will be tempted to grow it and more shoppers will consider buying it.

"There is also the added incentive for ethical shoppers that because it is produced locally it cuts down on the carbon footprint of imported oils."

Due to the growing demand Tesco stocks rapeseed oils produced in Somerset, Suffolk, Hertfordshire, Yorkshire, Northumbria, Staffordshire, Shropshire, Sussex, Hampshire and Aberdeenshire.

These local varieties are sold in stores in and around the counties where they are produced – each has its own regional flavour and look.

One of its suppliers is Borderfields, a company set up by a small group of farmers on either side of the Scottish border in Northumbria and Berwickshire.

It began production in 2006 at the start of the boom and has since become the UK's most popular producer of rapeseed oil – with production tripling to 1.75m litres in 2013.

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Prevention is always better than a cure!

Denise Kelly

I JUST love the weather we have had over the last weekend. It makes you feel amazing and energetic when the sun comes out!

Did you know that it's essential to get enough foods high in Vitamin E as it protects your skin from ultraviolet light? This rather un-talked about vitamin also prevents cell damage from free radicals and allows your cells to communicate effectively to one another. It's a bit like us humans where communication is key! Studies are quite clear in showing that it also helps protect against prostate and bladder cancer and Alzheimer's disease, as well as reducing your risk of heart disease, eye disease and chronic inflammation.

If you have digestive system problems, especially malabsorption, you may need to top up on your food sources of vitamin E, or if you have tingling or loss of sensation in the arms, hands, legs, or feet, or any liver or gallbladder problems you could be looking at a deficiency. Excellent sources of vitamin E include alkalizing foods such as spinach, chard, and turnip greens, mustard greens, cayenne pepper, sunflower seeds, almonds, pine nuts, peanuts (not the salted type that you get with your pint!) Basil, Oregano, dried apricots, green olives, flaxseed oil, Broccoli, Mango, tomatoes, butternut squash, asparagus, and bell peppers.

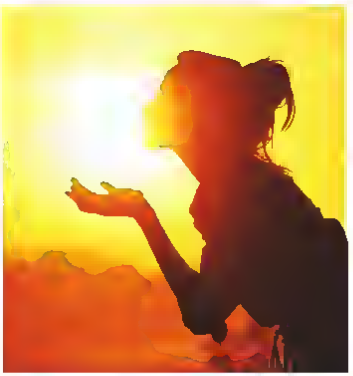
So what is so special about this vitamin?

Vitamin E helps prevent oxidative stress by working together with a group of nutrients that prevent oxygen molecules from becoming too reactive. This group of nutrients includes vitamin C, glutathione, selenium and vitamin B 3. Some researchers believe that vitamin E is the most important member of this oxidative stress-preventing group.

One of the benefits of making foods rich in vitamin E a part of your healthy way of eating is an up to 50% reduction in risk of developing bladder cancer. Bladder cancer, which kills over 5,000 people annually, is the sixth leading cancer killer among men, and is four times more common in men than women, and by making lifestyle changes and choices you could actually help to prevent such diseases and live a long and healthy life.

Conversely, too much vitamin E from supplements can lead to excessive bleeding, or hemorrhaging. Vitamin E foods, like the ones listed, are considered to be safe and healthy. Nature always knows best.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutriton Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K 4 Fit Kidz. Tel: 01243 526040 www.denisekelly.co.uk



Get some sunshine'.. Sunshine boosts levels of serotonin, the body's natural happy hormone. That's why we tend to feel happier and more energetic when the sun shines. Regular sun can stave off moderate depression, particularly if combined with exercise, such as a walk in the park. Its also been shown that exercising outdoors creates more endorphins in the body than exercising indoors. So get outside when ever possible to feel fabulous and alive'

More resources needed for eating disorders

A CHARITY that operates helplines for people with eating disorders says that more resources need to be put into supporting teenagers and adults seeking help, following shocking new figures that show eating disorders are on the rise.

Anorexia and Bulimia Care was founded in 1989 as a registered charity to help families where someone has an eating disorder.

New official figures show that eating disorders have the highest death rates of all mental disorders with 4,610 new cases diagnosed each year in girls aged between 15 and 19. Boys aged 10 to 14 are also at risk.

Jane Smith, Director of Anorexia and Bulimia Care said: "The latest official statistics back up what we are experiencing every day on our telephone helplines. More and more people are calling with an eating disorder.

"It is putting increasing pressure on us and we need to raise funds to enable us to meet the growing demands as we receive no government funding and rely on individual donations and fundraising events.

"Sadly, callers repeatedly tell us about poor treatment and understanding at primary care level. I suspect the increase in disordered eating and complex food issues is the reality. We need improvements in care and new ways of tackling this rising problem.

For more on how to help the charity ABC or for help and advice on eating disorders see anorexiabulimiacare.org.uk

Unhealthy lifestyle ages a woman's skin by ten years

LIVING an unhealthy lifestyle can age a woman's skin by over ten years, an in-depth international study has revealed. The true damage caused by sun beds, smoking and a lack of fruit and moisturisation in accelerating the ageing process emerged following research by a team of top skincare experts.

The study, which looked at how 585 women in the UK, China and Spain aged over 8 years, showed the factors influencing their skin were the same, even taking into account the backgrounds and skin type of the women involved.

It also emerged 'lifestyle choices' often account for as much as 33% of how old a woman looks.

Dr Andrew Mayes, a scientist for Simple skincare which pioneered the research, said: "We already knew genetics accounted for about 50% of how old people look, but we didn't know how much would be accounted for by their lifestyles.

'Even we were surprised by just how much it was, both in terms of the number of years and the percentage.'

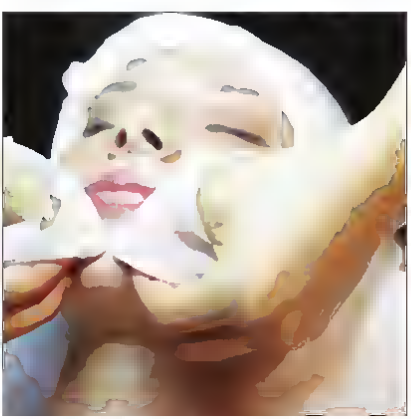
The study, which was carried out over the last eight years, involved women aged 45 to 75 in the UK, 30 to 70 in Spain and 25 to 70 in China.

Study sites with controlled laboratory conditions were established in Bedford in the UK, Madrid in Spain and Shanghai in China and those who took part were asked a string of questions about their lifestyles including whether or not they like to sun tan and if they were smokers or non-smokers.

Other questions included how often they moisturise, whether they eat fruit and veg, whether they brush their teeth, and have all their own teeth.

The research team also took digital images of the women which were then assessed for how old they looked to identify their perceived age and whether they looked younger or older than their actual age.

The research team, led by Dr Mayes, then compared the perceived ages of those with good versus bad lifestyles.



They concluded the difference was 10.4 years.

Dr Mayes added: "The number of years difference was most staggering – we had just seen some data out of a group of plastic surgeons in the US and Canada suggesting that a face and neck lift (together with eyelid and forehead modifications) could take an average of about 8.5 years off your facial age.

"Then we got our data through demonstrating a saving of over 10 years. It's fair to say at first we couldn't quite believe it.

"But the evidence was there in front of us – women with a healthy lifestyle looked much younger than those with an unhealthy lifestyle.

"Simply put, good skin health is about more than fancy creams and lotions – it's about how we live our lives and how we treat our bodies and the steps we need to take do not need to be extreme.

"They can be small and steady and the effects will be seen over time without the need for plastic surgery."

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Diva behaviour costs UK couples £2,640 per year

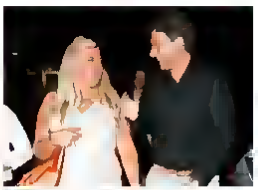
OVER A third of UK couples are spiralling into debt as a result of indulging their partner's diva demands, according to new research from Quidco.

Entertaining demanding partners with luxury holidays, fine dining and a demand for designer labels is setting British boyfriends back by a whopping £1,032 every year.

However, despite women stereotypically being the most attention grabbing in a relationship, the research shows that the rise of the metrosexual is leading to a wave of high maintenance men in modern couples. So much so, it sees women across the country splashing out £84 each month on 'man maintenance'.

Dolling out lavish gifts and splurging on expensive dates is becoming a constant concern for couples across the nation, as seven in ten of the adults questioned admitted to worrying about the cost of keeping up with the wants and needs of their other half.

What's more, Brits are turning to their credit cards in a bid to meet the diva demands from a partner, with the average bill reaching £1,420. Thirty two per cent of women surveyed have found themselves in debt by entertaining high maintenance partners, with almost 40% of UK men in the red, as a result.


Gemma & A

Andy Oldham, Managing Director at Quidco, comments: "All couples like to spoil each other and make one another happy, but splashing out on expensive treats in a continually challenging financial climate can be dangerous for cash-strapped Casanovas.

"Quidco offers a wide range of cashback deals on all the must-have items and experiences – from the latest fashion buys to breaks abroad – helping generous partners to pocket some money back when treating that someone special. Plus, with hundreds of vouchers available on the site, Quidco can help Britain's romantics wine and dine their loved ones without breaking the bank."

UK debit card spending on the increase

ONE IN FOUR (24%) Brits now uses a debit card more frequently than they did a year ago, with four in 10 shoppers preferring to use a debit card rather than carrying cash, according to research from M&S Bank. This compares to a 14 per cent increase in credit card use over the last 12 months.

The use of debit cards has increased most in the 18-35 age group (33%), closely followed by those aged 35 - 54 (27%), compared to 18% of those aged 55+.

Brits are becoming savvier with their spending, with over half (51%) admitting that loyalty points influence how and where they shop. M&S Bank found that over six in 10 consumers (62%) use some type of reward card, with more than two thirds (69%) regularly redeeming their points, increasing to over 90 per cent for M&S Bank customers.

Colin Kersley, CEO of M&S Bank, said: "Although our research shows that many shoppers are using reward credit cards, debit card spending totalled £348bn in 2012, more than double that spent on credit cards, so it's perhaps not surprising that more than one in five of us would switch providers to earn rewards on debit card spend."

The rise in debit card spending is also partly down to the fact that consumers are keen to budget more, with 43 per cent of those who have increased their debit card use doing so because they want to better track their spending.

Looking at credit card usage, the M&S Bank research shows that credit cards are currently the preferred method of payment for more expensive items, such as holidays (62%), clothes (40%) and even petrol (47%). Credit cards are also used for purchasing treats, with over a third (35%) preferring this method of payment for beauty products and treatments, while 27per cent use a credit card for everyday items such as lunches or takeaway coffee, suggesting they're maximising their rewards.

Of those who have increased their credit card usage, or taken out a new card (9%), in the last 12 months', most have done so to get cash back or rewards, with 36 per cent citing this as one of the main reasons. This rises to almost half (45%) among 35-54 year olds.

In contrast, 28 per cent of all card holders said the key reason for choosing their main credit card is because they also bank with the same provider, but 21 per cent of all credit card holders would switch if it meant earning more rewards on their spending.

Horoscopes

Horoscopes from Kimi
14th June - 20th June

Aries

All work and no play make Jack and Jill dull. This is the week for setting priorities and boundaries. You also have a tendency to overspend and you will need to curtail that this week. Focus on the cerebral rather than the material and you will be surprised at the feeling of well being this engenders.

Taurus

You have been dealing with some feelings of insecurity of late which have made you doubt your worth. Put aside such negative ideas. Use the knowledge gained from inner reflection to catalogue your strengths. A little distance between you and your nearest and dearest will give you both time to recharge emotionally and bring your closer in the long term.

Gemini

Keep something in reserve this week. Use your energy effectively otherwise it becomes wasted. Choose wisely the projects that require you attention and shelve those that can wait. There are big changes afoot on the romantic front in the not too distant future. A big commitment may be on its way.

Cancer

You are feeling a little disenfranchised this week. Make known your concerns and get your questions answered; you will then be able to proceed with confidence. There has been an idea that you have been working on for some time that now appears to be more than feasible. Trust your intuition.

Leo

How's that new relationship going? Well you won't know unless you ask will you? Don't be fearful; you may be pleasantly surprised at the answer you receive. All things literary are on the agenda for your social life this week, could be the theatre, concert or recital. Whatever it is you will feel culturally enriched.

Virgo

Movement is on the agenda for the coming week and not necessarily a physical move. Changes to your relationships, work status or geographical location could be about to take place. In order to make the most of new opportunities preparation is the key. You need to feel and be in control Virgo, so get out the diary and plan.

Libra

Your work load seems overwhelming. Roll up your sleeves up, use some of that good old fashioned work ethic you possess and you will find that things will get done more quickly that you thought. You will then have time to spend with your significant other, as they have something to say you need to hear.

Scorpio

You have been going through some challenging times of late. It is now time to put the past behind and move forwards. Things are sometimes not all they seem and neither are people. You may be pleasantly surprised at how supportive someone can be that you previously thought was negative. Your social life should be fun packed this week.

Sagittarius

Objectivity is your byword of the week. You need to take a step back and really see a situation for what it truly is and to see yourself as others do. You can be a bit avant garde but that is part of your physical appeal and universal attraction. Don't change something that works well for you!

Capricorn

All things energetic and physical will be of importance this week. You could be contemplating an activity holiday or simply taking the dog for a walk. Use this time wisely to upgrade your fitness level because your physical being is intrinsically linked to your emotional being. A loved one will make a declaration which makes for a light bulb moment!

Aquarius

Just go with the flow this week and enjoy the moment. Trying to be too analytical will just take the shine off what should prove to be a very enjoyable week and will leave you with more questions than answers. You will make better connections by doing less and letting the fun side of you show through.

Pisces

I know it is difficult to accept but you are only a small part of a larger entity! I am not saying that you have no control but you do need to acknowledge your limitations. Try to understand how connections both spiritual and physical can influence your life. To feel fulfilled work with these forces and not against them.

Brain Gym

No.122

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off

1	14
2	15 R
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13 A	26

Last week's solutions:

1 K	2 W	3 R	4 A	5 C	6 Y	7 Z	8 O	9 V	10 G	11 M	12 I	13 L		
14 H	15 B	16 P	17 Q	18 S	19 J	20 D	21 T	22 X	23 E	24 U	25 F	26 N		

Wordsquare

L	B	I
E	N	L
U	T	E

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found

How you rate

10 words - average
15 words - good
20 words - very good
25 or more - excellent

Last week's solutions

echo echos echoin each cashes chirp chape chass chases cheep cheapen cheapens, cheapness chest cheeps chess each heap heap heaps hence, pench peahen phase phases, xash shape shapes sheen sheep speech

Double Crossword

Choose either quick or cryptic clues

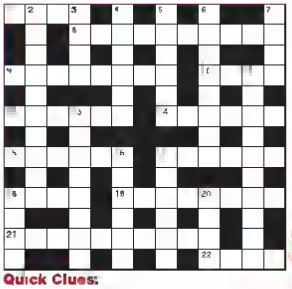
Cryptic Clues:

Across

1 & 10 Ac. It's a disadvantage to retreat (4,4)
9. Being in another country I repeat tax fiddle? (10)
0. Fellow craftsman? (6)
10. See 1 Across
12. Shocking scares the gentle touch is needed (6)
14. The record will require only a small amount of time (6)
15. Was consistent with a bad habit of table (5)
17 Gaming piece built to withstand attack (6)
18. A kind of box but not for clothing (4)
19. Having no rash (5)
21. Those blooming plants (5-4)
22. A bit of joint ownership for a sizeable community (4)

Down

2. The correct aspect in a matter of precise degree (5-5)
3. To be in full cry? (4)
4. To strike father back causes a shock (6)
5. Current line of fast moving vehicles (6)
6. Breaks up the orchestra? (6)
7. A number of cards providing a kind of hand (4)
11. Stock market display in which bulls but not bears will feature! (8-4)
13. Sounds as though I scan through the books but they're a little above the pupils (6)
16. Not a fertile place to leave (6)
17 Mob round the East shouted triumphantly (6)
18. A natural aptitude is present (4)
20 Survive after everybody else (4)



Quick Clues:

Across

1. Shackles (4)
6. Power of command (10)
8. Control line of equal temperature (8)
10. Uniform (4)
12. Climb (8)
14. To meditate (5)
15. Let (6)
17. Strangeness (8)
18. Sore on the eyelid (4)
19. Middling (6)
21. Merge (10)
22. Require (4)

Down

2. Compatible (10)
3. Blemish (4)
4. Obvious (6)
5. Allow (8)
9. Respected (9)
7. Twirl (4)
11. Voters (10)
13. Coming from the east (8)
16. Lower (6)
17. Severe trial (5)
18. Break suddenly (4)
20. Begin (4)

Last week's solutions.
CRYPTIC Across 7 Ate! 8 Scruple; 9 Embrace 10 Token 12 False hopes; 15 Interprets 18 Lorries; 19 Fat out; 21 Athlete; 22 Siren Down 1 Career girl 2 Doubt 3 Pass, 4 Assess; 5 Crotchet; 8 Epitaph 11 Muscaland 13 Arrested 14 Atrophy 16 Father 17 Scarf 20 Last QUICK Across 7 Moody 8 Arbiter 9 Opulent 10 Tenuit; 12 Stanislaus 15 Incendiary 18 Naive, 19 Undergo 21 Revolve 22 Snail Down. 1 Imperative 2 Poise, 3 Type, 4 Hasten 5 Abattoir 6 Turmoil 11 Tonsorial, 13 Tenderly 14 Achieve 16 Injured; 17 Train, 20 Debt

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?

Last week's solutions.
The letter represented by the question mark is C. Schiffer Crawford Campbell all supermodels.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

	O			
			U	
				Y
S				
		Y		

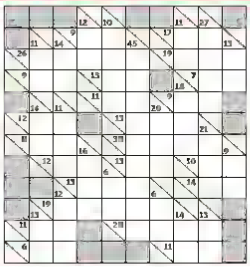
A

C	H	O	I	L
S	I	R	T	Y
R	U	C	K	Y
S	O	U	L	T
S	C	I	S	T

B

Last week's solutions
Heeds Emmet Emote, Deter Stern

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions. > From top to bottom: Simple, Intermediate, Difficult

Simple

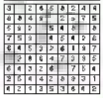
3							7	
		5	6		7	4		
8	4			5			2	9
		6	1		3	2		
	7		2		4		8	
4		3	8		5	9		
6	1			3			9	4
		9	4		6	3		2
	3			1				

Intermediate

4			5		6			1
		1	3	2	8			
		5				6		2
	2		6		9		1	
		3				9		
	7		8		1		2	
		6				4		9
	4		9	5	7			
9			4		2			8

Difficult

			7		8			
2		9				6		
8			8	1			3	
		1			6		5	
3				5				8
	2					1		
	5			2	9			6
		4				9		3
			4		3			



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Trust thy neighbour? No way, says half of the UK

LESS THAN half of people in the UK trust their neighbours, according to new research.

Only 46 per cent of those quizzed for the Building Society Trust Study – a major independent research exercise commissioned by the UK's second largest building society – said they trust the people living closest to them.

A total of 28 per cent do not trust their neighbours and more than a quarter (26 per cent) do not even know who lives next door to them.

Sadly, the problems seem to be on the rise, with younger residents declaring they are less welcoming than older generations. Almost two-thirds (62 per cent) of people aged 55 or older said they trust their neighbours, but only 30 per cent of 16-24 year-olds feel the same way.

Forget popping round to say hello or turning up with a greetings card – only 34 per cent said they would actively welcome newcomers moving to their area.

Scottish and Welsh residents were the most community-minded, with 39 per cent of householders in both countries willing to make new people feel at home, compared to only 13 per cent London.

Nationally, one in ten (11 per cent) of those quizzed admitted being suspicious of new residents, with another 14 per cent saying they were less trusting of people from outside their own communities.

Speaking about the findings, Chris Pilling, said: "The UK has always been very proud of its community spirit but it seems neighbourliness is not as prevalent as we might think.

"We pride ourselves in getting involved in and engaging with the communities where our branches are based and where our people live and work.

"We believe that trust is essential and we make every effort to talk to our members, get to know the areas where they live and help support their neighbourhoods so they become shared communities."

Prof Karen Pine, of the University of Hertfordshire's School of Psychology, said: "Social mobility is increasing and fewer people are being raised in and living in close-knit communities.

"This means people are increasingly less likely to form strong bonds with the people who live near them. Many younger people create communities on line these days, rather than with their neighbours.

"As humans we have evolved with a certain innate mistrust of people who are different; our ancestors would have had to protect their family and food supplies and newcomers might have been a threat to this.

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ALDWICK BAY ESTATE **£410,000**

A picturesque detached thatched cottage situated on a good plot on private estate around 600 yards from the beach G.F.H., u.P.V.C dble glazing cloakrm lounge dining rm kit/breakfast rm rear lobby with utility rm 2 double bedrms one with en suite shower rm bathrm garage gardens including a charming 116' rear EPC Rating E

ALDWICK **£465,000**

A detached house situated in a cul-de-sac of just three properties approx. 250 yards from the beach & close to shops. G.F.H., u.P.V.C. dble glazing, cloakrm, lounge, dining rm, conservatory, kit/breakfast rm, study, master bedrm with en suite shower rm, 3 further bedrms, bathrm, dble garage, gardens to three sides, EPC Rating: D

ALDWICK **£435,000**

An exceptional five bedroom detached house situated in a cul-de-sac of just four similar properties, located within half a mile of shopping facilities at Rose G een & a little over half a mile to the beach. G.F.H. u.P.V.C. double glazing cloakroom, a dual aspect living room with feature Art Deco style cabinets, a superb kitchen/dining room fitted with an extensive range of handbuilt solid Beech units and an imaginative display/storage unit in the style of a castle, guest seed utility rm fitted with matching handbuilt furniture, gr fl bedrm, master bedrm with extensive handbuilt furniture & en suite shower rm, bedrm two 2 further bedrms, bathrm, double garage & landscaped gardens

ALDWICK **£240,500**

A mid terrace house situated in a cul-de-sac of just five similar properties. G.F.H., u.P.V.C. dble glazing, cloakrm living rm, kitchen/breakfast rm, master bedrm with en suite shower rm, two further bedrms., bathrm., gardens and parking area. EPC Rating: C

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul-de-sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around a 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes: gas fired heating, dble glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom, parking & rear garden. EPC RATING: D

ROSE GREEN **£217,500**

A two bedroom semi-detached bungalow situated in a cul de-sac within a few hundred yards of shopping facilities at Rose Green. The property has recently been refurbished and redecorated. A good size dual aspect living room, refitted kitchen with attached utility/store rooms, good size bathroom, gardens including a Southerly rear. EPC Rating D

ALDWICK **£205,000**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes: g.f.h delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EFC rating is D

Buying or selling for the first time? Don't lose your way in the property market minefield

WHETHER you are buying or selling, picking your way through the property market can be a challenge – particularly if you are doing it for the first time.

There are so many things to consider from the outset that it is tricky to know where to start.

Stepping back and thinking clearly – and taking some expert tips on board – can help to make your journey a lot easier, not to mention less stressful.

Independent estate agents and valuers Harrison Murray work with first time buyers and sellers on a daily basis – and are able to offer professional and practical advice.

Harrison Murray's Top 5 tips.

1. Plan your sale. If you have a home to sell, it is important to try and find a buyer for your property while you are looking for your next home. So often people miss out on their dream home because they have fallen in love with a property but have not been in a position to buy – losing out to someone who has a buyer for their property and already has funds in place.

2. Be realistic about your pricing. Listen to the advice of a NAEA (National Association of Estate Agents) member agent – like Harrison Murray – who should value your home at a realistic price. At the end of the day you want to sell your home – so the highest asking price isn't always going to be the right price.

3. Show off your home. Preparing your home to be photographed for estate agent's details is as important as getting it ready for potential viewing. Good photos will initially attract potential buyers starting their search, and once they walk through your door they will expect to see a de-cluttered, tidy and loved property. Simple ways of improving the aesthetics of your home, with a lick of paint and a general spruce up, can make the world of difference.

4. Do your homework. Have an idea in your head of what kind of property you are looking for and in what location. What are your reasons for moving? For example, if good schooling is important, visit the local schools and source their performance results. Take a drive around the area you are considering moving to to find out about road links, local amenities and what the surrounding area has to offer.

5. Keep your finances in order. It is essential to know how much you have to spend and to be realistic about what you can afford. Speak to an independent mortgage advisor to find out about the current deals available. Also take into account any additional expense you may incur, including fees, removal costs and any subsequent changes you may want to make to your new home.

For help and advice about moving home, visit harrisonmurray.co.uk.

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Bentley showcases luxury and performance at Pageant of Power

BENTLEY is celebrating the 2013 Cholmondeley Pageant of Power from 14-16 June with an extensive display of cars that will take visitors from the excitement of the race track all the way through to the hand crafted luxury and refinement of the new Flying Spur saloon

Making one of its first UK appearances, the new Flying Spur exemplifies Bentley's ability to blend exquisite luxury and craftsmanship with sculpted design and state-of-the-art technology. Both driver and passengers can control the car and connect with the outside world through touch screen infotainment, mobile connectivity including Wi-Fi, a Rear Seat Entertainment suite and a new hand-held Touch Screen Remote which allows rear cabin occupants to control an extensive range of features from the comfort of their seat. It is also Bentley's most powerful four-door model ever with the 6 litre W12 engine now producing 616 bhp and capable of propelling this elegant luxury saloon onto a top speed of 200 mph.

Whilst luxury, refinement and connectivity for business and entertainment are the signature features of the new Flying Spur, Bentley's passion for endurance racing and performance will also be on display with the dramatically-styled GT3 Concept racer appearing on the Bentley stand. Since its debut at the Paris Auto Salon last September, detailed development is now well underway at Bentley's motorsport department at the factory in Crewe with the track ready Continental GT3 scheduled to make its first on track appearance by the end of 2013.

Guy Smith, who famously drove the Speed 8 to victory at Le Mans in June 2003, and celebrating Bentley's 10 year anniversary of the win, will join Bentley at the Pageant of Power for the first time. As well as being available on the Bentley stand, Guy will be driving the Speed 8 on the Cholmondeley track.

Two new Bentley Continental 'Speed models are also appearing at the Pageant of Power. The 205 mph Continental GT Speed coupe is the fastest production car Bentley has ever produced and at the heart of this

new car is an up-rated version of the unique Bentley 6-litre, 48 valve, four cam, twin turbocharged W12 engine. The legendary Bentley W12 now develops 616 bhp at 6000 rev/min and 800 Nm of torque to deliver thunderous, supercar performance and effortless overtaking capability. The 0-60 mph sprint is briskly dispatched in 4.0 seconds

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Craig Revel Horwood's brand new show, Strictly Confidential will give theatre audiences the chance to get up close and personal with the stars. Starring Lisa Riley, Artem Chigvintsev, Natalie Lowe and Ian Waite, Strictly Confidential will take fans on an epic journey told through music, song and breathtaking dance routines. Learn secrets about Lisa, Ian, Artem & Natalie in this frank & revealing autobiographical dance spectacular and share the milestone moments in each of their careers, told magnificently in song and dance.

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Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

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Sport

Cricket

Chichester suffer heavy defeat

LEAGUE ROUND UP FOR 8 JUNE
PREMIER DIVISION
CHICHESTER suffered an eight wicket defeat at the hands of East Grinstead

Chichester were bowled out for 140 by East Grinstead after deciding to bat as Sussex youngster Lewis Hatchett grabbed 6 for 20, Aussie Ashton Turner was top scorer, he made 40. In reply East Grinstead won at 141 for 2 with 45 from Tim Davey and 42 from skipper Phil Norman

DIVISION TWO
Glynde cruised to 291 for 5 declared at Middleton with 101 from skipper Dominic Shepheard and 82 from Archie Burrows. In reply the home side finished way short of their target at 225 for 9 and the match was drawn.

DIVISION THREE WEST
Storrington made it five in a row after Pagham's batting failed to make much headway and were 128 all out. Stuart Rutter's 50 was countered by Struan Cameron's 5-34. Storrington completed a comfortable 7wicket victory

Henfield and Wisborough Green played out a draw with Green finishing on 239-9. Byron Napper top scored with 60 while Brighton Mucuchi took 4-44. Henfield closed on 200-9 with Greg Marshall taking 4-61.

Bognor won their first game of the season at Arundel passing a challenging 239-9 with around 10 overs to go. Sam Taylor dominated the reply with 151 and was assisted by Charlie Le Farrel who struck 60. They won with over 10 overs to spare

PREVIEW: Sussex entertain Surrey at the Arundel Festival of Cricket

SUSSEX are aiming to continue their good form at the top of the LV=County Championship this week as they take on Surrey at Arundel Castle, as part of the Arundel Festival of Cricket, which is sponsored by Brewin Dolphin.

The match began on Wednesday at 11.00am at the picturesque ground and Sussex will be looking to extend their lead at the summit of the Division One table as they are currently five points clear at the top.

They protected their unbeaten start to the season in dramatic fashion at Lord's, batting out the final day against Middlesex to deny the hosts victory. Luke Wright's first-class best of 187ensured that Sussex even set their opponents a Fourth Day target of 178 but the draw was confirmed at 50 for 3.

Steve Magoffin and Chris Jordan are currently going head-to-head at the top of the leading wicket-takers' list in Division One with 30 and 34 wickets respectively.

The Sussex squad is as follows:

JE Anyon, WAI Beer, EC Brown, CJ Jordan, EC Joyce (capt), SJ Magoffin, CD Nash, MS Panesar, MJ Prior, LWP Wells, LJ Wright, MH Yardy

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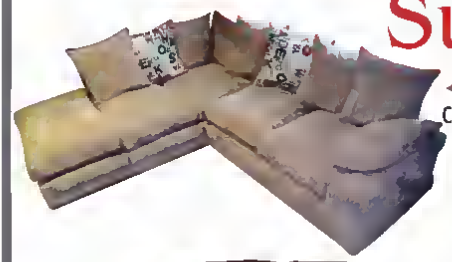
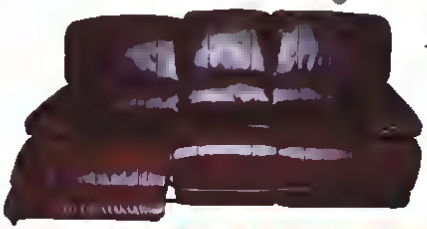


◀ THE GRAFFITI
CORNER SUITE (Fabric)
Only £799

THE PORTLAND ▶
(3+2) SUITE (Fabric)
Only £599



◀ THE CARLOS
LUXURY ANTIQUE LEATHER (3+2) RECLINER SUITE
Only £1399
WAS £2295

◀ THE WENTWORTH
(3+2) SUITE (Fabric)
Only £799

MORE GREAT OFFERS IN STORE IN ADDITION TO OUR WIDE RANGE OF SUITES, DINING SETS & BEDROOM RANGES

LEEKES SOLID WOOD DINING FURNITURE (Oscar & Ava ranges)
LESS THAN HALF PRICE

ALSO, BUY 4 PIECES & GET ONE FREE!

CARDLINE
DINING TABLE (GLASS INLAY) AND 4 CHAIRS **Only £329**

5FT BURFORD FAUX LEATHER BED
(Worth £199) **FREE** With each
Airsprung RIPLEY ALL SEASONS (Pocket Sprung) MATTRESS PURCHASED AT £259

Airsprung DOUBLE MATTRESS GIVEAWAY!

JAVA 4ft 6"
Was ~~£149~~
Now £79
SIESTA 4ft 6"
Was ~~£179~~
Now £89

FREE LENCO IPD-4303 BLACK
(RRP £149 Amazing 7 speaker 3D Sound Speaker with iPod/iPhone Dock & Remote Control)

SPEND £800 OR MORE ON ANY TICKET PRICED ITEMS (SINGLE TRANSACTION) AND YOU WILL RECEIVE THIS LENCO IPD-4303 BLACK (Worth £149) **ABSOLUTELY FREE**

LEATHER & FABRIC FOOTSTOOLS
From £49

MINIATURE / KIDDIES HAND UPHOLSTERED CHAIRS
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